

RECIPE



Festive Turkey Jambalaya

Uncle Ben's

Ingredients

1 cup cooked rice (Uncle Ben's Natural Brown Rice)

3 cups water

OR

2-3 cups Trader Joe's Organic Brown Rice (already cooked and flash frozen)

½ pound of turkey sausage (Trader Joe's brand is great! No nitrates) cut into ½ moons

2 cups leftover turkey meat or chicken cut into 1-inch pieces

1 green bell pepper, chopped

1 medium onion, chopped

3 celery stocks, chopped

3 cloves garlic

1 (15 ounce) can no added salt tomato sauce

2 (15 ounce) cans diced tomatoes with peppers and onion

½ pound cooked, peeled, small shrimp (optional)

Cooking Spray

Spices

1½ tsp dried basil

1½ tsp dried thyme

1¼ tsp paprika

½ tsp dried oregano

1 bay leaf

½ tsp ground red pepper (cayenne)

1/8 tsp salt (optional)

1/8 tsp freshly ground black pepper

Combine uncooked rice and water and cook according to directions or use Trader Joe's cooked rice. Set aside. Heat large saucepan coated with spray over medium heat. Add turkey sausage, turkey or chicken, bell pepper, onion, celery and garlic and sauté until slightly brown, about 6-7 minutes. Add all the seasoning (basil through black pepper) and stir well to coat; cook for 2 more minutes. Add the tomato sauce, diced tomatoes and about ¼ cup water to sauce pan. Bring mixture to a boil then reduce heat to medium-low and simmer for 10 minutes. Adjust seasonings and then add cooked rice to desired consistency. Remove from heat, stir in shrimp (if desired). Remove bay leaf before serving.

Makes 7 servings @ 1 ½ cups each @ 293 calories, 6 g fat, 2 g sat fat, 112 mg cholesterol, 27 g protein, 33 g carbs, and 4 g fiber.