



Categories: Family Friendly. Low Carb. Dairy Free.

Jambalaya

Yield: 4

Prep time: 30 minutes

Total time: 1 hour 30 minutes

Ingredients

- 3 spicy dinner sausages cut into bite-sized chunks
- 1 pound uncooked, shelled, and deveined large shrimp
- 2 garlic cloves chopped
- 1 green pepper cut into medium chunks
- 1 yellow onion diced
- 1 can 14.5 ounces fire-roasted tomatoes (ex. Muir-Glen Organics)
- 1 cup chicken broth (no sugar added)
- 1 6-ounce package of cauliflower rice (cooked)
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon dried thyme
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- 1 teaspoon sea salt

Directions

Sauté garlic, onions, and green pepper in olive oil for 2-3 minutes. Add in sausage and sauté for 8 minutes. Place tomatoes, broth, and all seasonings in a large pot over low heat, stir. Add sautéed sausage mixture into pot, bring to a boil, turn down to simmer, covered, for 25 minutes. Stir occasionally. After 25 minutes, add in the shrimp and cooked cauliflower rice and simmer 15 more minutes. Serve and enjoy!

Macronutrient Breakdown

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	437.3 kcal	22 %
Total Fat	22.2 g	34 %
Saturated Fat	6.2 g	31 %
Trans Fat	0.1 g	
Cholesterol	287.6 mg	96 %
Sodium	2518.5 mg	105 %
Total Carbohydrate	22.3 g	7 %
Dietary Fiber	5.3 g	21 %
Sugars	9.6 g	
Protein	41.5 g	83 %
Vitamin A	30 %	• Vitamin C 68 %
Calcium	17 %	• Iron 13 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.