

Slow-Cooker Jambalaya



Servings: 8

1 pound chorizo sausage, cut into 1/4-inch thick slices
1 pound boneless skinless chicken breast, cut into 1-inch pieces
1 onion, chopped
2 celery stalks, chopped
2 green bell peppers, seeded and sliced
3 garlic cloves, minced
1 can diced tomatoes
2 cups brown rice
2 3/4 cups chicken stock
2 teaspoons Creole seasoning
2 teaspoons dried oregano
1/4 teaspoon salt
1 pound cooked shrimp
parsley, chopped

To the slow-cooker add chorizo sausage, chicken, onion, celery, green bell pepper, garlic, diced tomatoes, rice, chicken stock, Creole seasoning, dried oregano, and salt. Stir together.

Cover and cook on LOW for 7-8 hours or on HIGH for 3-4 hours, or until the vegetables are tender and the chicken is cooked.

Stir cooked shrimp into the jambalaya. Allow to sit for 5 minutes to heat through.

Garnish with parsley.

Serve

Per Serving (excluding unknown items): 345 Calories; 4g Fat (10.7% calories from fat); 33g Protein; 44g Carbohydrate; 3g Dietary Fiber; 151mg Cholesterol; 292mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 79mg Calcium; 2mg Iron; 710mg Potassium; 423mg Phosphorus. Exchanges: .