

YIELD: 6

Instant Pot Jambalaya

Make this easy one dish family meal in the pressure cooker.

PREP TIME	COOK TIME	ADDITIONAL TIME
15 minutes	10 minutes	15 minutes

TOTAL TIME
40 minutes



Ingredients

- 1 tablespoon olive oil
- 8 ounces andouille sausage - Aidells Cajun Style Andouille
- 2 boneless chicken thighs - chicken breasts
- 1 onion, chopped
- 1 green pepper, chopped
- 3 ribs celery, chopped
- 3 cloves garlic, minced
- 1 1/2 cup rice - Brown Rice - 12 min ^{way I make it}
- 1/2 teaspoon salt, optional
- 2 teaspoon Cajun seasoning
- 1/2 teaspoon thyme
- 1 can diced tomatoes (14 oz)
- 1 3/4 cup chicken broth (use 2 1/4 cups for 8 quart Instant Pot) - water
- 8 ounces cooked shrimp, thawed
- 4 scallions, sliced - skip

Instructions

Note - Some readers have reported getting a Burn message when they make this recipe. I made the recipe instructions more specific in a couple areas to try and prevent this error. But some Instant Pots are more likely to get this error than others, so if you have seen this error before on any recipe I'd suggest reading the more detailed discussion right below the recipe card for ways to prevent it.

1. Chop the onion, green pepper, celery and garlic. Then slice the andouille sausage and cut the chicken thighs into bite sized pieces.
2. Set the Instant Pot to Saute and add the olive oil. Allow it warm up for a few minutes.
3. Brown the andouille sausage for about 5 minutes, until it is nicely browned. Then remove the sausage and set it aside for now. Stir so that it does not stick to the bottom of the pot.
4. Add the chopped chicken thighs to the Instant Pot to brown. Brown for 3 minutes. Stir so that it does not stick to the bottom of the pot.
5. Turn the Instant Pot off. Add the chicken broth to the instant pot to deglaze. Scrape the bottom of the container with a wooden spoon to make sure there aren't browned bits of sausage or chicken stuck to the bottom. Bits of food stuck to the bottom might cause the BURN error once the pot is brought up to pressure, so scrape it well. *or water*
6. Add the onion, green pepper, celery, garlic, salt, Cajun seasoning, and thyme. Stir to mix the vegetables and seasoning.
7. Add the rice and mix. Add the can of tomatoes on top of the rice, but don't stir it in, just spread it out on top. This will reduce the chance of a BURN error. DO NOT add the browned sausage.
8. Put the lid on the Instant Pot and set it for Manual High Pressure for 8 minutes. Once the pressure cooker has finished cooking let it rest for 5 minutes, then manually release the pressure.
9. Take the lid off and stir the cooked shrimp and reserved andouille sausage into the Instant Pot. Replace the lid and let it rest for another 5 minutes to warm the sausage and shrimp.
10. Serve sprinkled with scallions.

Notes

Nutrition facts are estimates.

I made this recipe in a 6 quart Instant Pot. For an 8 quart Instant Pot I'd suggest increasing the chicken broth to 2 1/4 cups, but I haven't actually tested this, so use your own judgement.

Nutrition Information: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: CALORIES: 387 TOTAL FAT: 22g SATURATED FAT: 7g TRANS FAT: 0g
UNSATURATED FAT: 12g CHOLESTEROL: 168mg SODIUM: 1604mg CARBOHYDRATES: 18g FIBER: 2g SUGAR: 3g
PROTEIN: 28g

Nutrition facts are estimates.



Did you make this recipe?

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