

## Cajun Jambalaya | bites out of life

Adapted from [Emeril Lagasse](#)

- 12 medium shrimp, peeled and deveined with tails removed
- 4 ounces chicken, diced
- 1 tablespoon Creole seasoning (Emeril's recipe below)
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 3 tablespoons chopped garlic
- 1/2 cup chopped tomatoes
- 3 bay leaves
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot sauce (we used Tabasco)
- 1 teaspoon ketchup
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne
- 3/4 cup rice
- 3 cups chicken stock
- 8 ounces Andouille sausage, sliced
- salt and pepper, to taste



- 1) Toss the shrimp and chicken with the Creole seasoning in a medium bowl.
- 2) In a large saucepan, heat the oil on high and add the onions, celery and peppers. Saute for 3 minutes and then add the tomatoes, garlic, Worcestershire and hot sauces, bay leaves, paprika and cayenne.
- 3) Stir in rice and add broth/water. Simmer on medium until rice absorbs most of the liquid and becomes tender, about 15 minutes, stirring occasionally.
- 3) Add the shrimp, chicken and andouille sausage. Simmer until the meat is cooked, about 10 minutes. Stir in the ketchup and add salt and pepper as necessary. Serve with chopped parsley if desired.

## **Emeril's 'Bayou Blast' Creole Seasoning**

Yield: 2/3 cup

- 2-1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

1) Mix all of the spices well.

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