

# Recipe

## Jambalaya stuffed pepper



## Ingredients

- 3 tablespoons olive oil, divided use
- 1 boneless, skinless chicken breast, cut into 1 inch cubes (about 8 ounces)
- Kosher salt and freshly ground black pepper
- 1 small onion, finely chopped (about 3/4 cup)
- 2 medium garlic cloves, minced (about 2 teaspoons)
- 2 teaspoons Cajun seasoning
- 1 tablespoon thyme
- 1 bay leaf
- 1 tablespoon tomato paste
- 1 (14 ounce) can diced tomatoes
- 1/2 pound andouille sausage, diced
- 3 cups chicken broth
- 1 1/2 cups long-grain rice
- 1/2 pound raw shrimp, roughly chopped
- 1/2c okra
- 4 bell peppers, tops cut off and seeds and ribs removed
- 1 tablespoon minced flat-leaf parsley
- 1T paprika
- 1t cayenne

Heat olive oil in a large stockpot or over medium heat until shimmering. Season chicken with salt and pepper and add to pan. Cook, stirring occasionally, until lightly browned, about 4 minutes. Add onion, and garlic and cook, stirring constantly, until starting to soften, about 2 minutes. Add thyme, bay leaf, paprika, cayenne tomato paste, canned tomatoes, andouille, and chicken broth. Bring to a boil and add rice.. Cover pot and simmer on stovetop for 15 minutes. Add shrimp, cover and continue to cook until rice is tender, most of the liquid has been absorbed and the shrimp is no longer translucent, about 6 minutes. Stuff bell peppers with rice mixture, Place in oven and bake until peppers are tender, about 10 minutes.



**PATHWAY**  
*to Living*®