

One-Pan Jambalaya

Active Time

15 Mins

Total Time

25 Mins

Yield

Serves 4 (serving size: about 1 3/4 cups)

By [EMILY NABORS HALL](#) October 2016

COOKING LIGHT

Andouille, a smoky, garlicky pork sausage, adds depth, but you can use any flavorful chicken or pork sausage.

Ingredients

1 tablespoon canola oil

1 (8-oz.) package frozen chopped onion and green bell pepper, thawed

3 ounces andouille sausage, finely chopped

12 ounces skinless, boneless chicken breasts, cut into bite-size pieces

2 (10-oz.) cans unsalted diced tomatoes and green chiles

2 teaspoons salt-free Cajun seasoning (such as Tony Chachere's)

How to Make It

Step 1

Heat canola oil in a large skillet over medium-high. Add onion mixture and sausage; cook 4 minutes or until vegetables are tender, stirring occasionally. Add chicken; cook 4 minutes or until chicken is lightly browned, stirring occasionally.

Step 2

Strain tomatoes in a colander over a bowl, reserving 1/4 cup liquid. Add strained tomato mixture, 1/4 cup reserved tomato liquid, Cajun seasoning, salt, and rice to pan, scraping pan with a wooden spoon to loosen browned bits. Cover pan, reduce heat to medium, and simmer 10 minutes, stirring occasionally. Remove pan from heat; sprinkle with green onions. Divide rice mixture evenly

1/2 teaspoon kosher salt

2 (8.8-oz.) pouches precooked
brown rice (such as Uncle Ben's)

4 green onions, chopped

1 lemon, cut into wedges

Hot sauce (optional)

Nutritional Information

among 4 bowls. Serve with lemon wedges and hot sauce, if desired.

Step 3

Cover pan, reduce heat to medium, and simmer 10 minutes, stirring occasionally. Remove pan from heat; sprinkle with green onions. Divide rice mixture evenly among 4 bowls. Serve with lemon wedges and hot sauce, if desired.

Fantastic

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December 29, 2016

Had to use steamed white rice because I forgot I was out of brown rice. I also used fresh chopped onion and green pepper vs. frozen. No need to strain the tomatoes either. This was just the right amount of heat for my family and got rave reviews. Will make again.
