# Jambalaya: Creole Chicken and Shrimp Stew

Hearty rice and meats simmered in a rich tomato spiced broth



| PREP | COOK | TOTAL | SERVES | CALORIES |
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| 25 min | 5 hr | 5 hr 25 min | 8 servings | 480 kcal |

## Ingredients

- 600 g chicken thighs, boneless, skin-free, cubed
- 400 g smoked turkey sausage, sliced
- 350 g medium shrimp, peeled and deveined
- 1 large onion, 200 g, diced
- 1 green bell pepper, 150 g, diced
- 2 stalks celery, 150 g, diced
- 400 g canned diced tomatoes, with juice
- 200 g canned tomato paste
- 1 l chicken broth
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp cayenne pepper, adjust to taste
- 1 tsp ground cumin
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 5 g garlic, minced
- 1 bay leaf
- 400 g long-grain rice, uncooked
- 2 tbsp olive oil, optional

## Instructions

1. Soften the aromatics: Heat your slow cooker on the Sauté setting or use a separate pan with 1 tbsp olive oil. Sauté the onion, pepper and celery for about 5 minutes. You must soften these vegetables first to release their natural sweetness.
2. Combine the proteins: Transfer the sautéed aromatics into the slow cooker. Add the cubed chicken, sliced smoked turkey sausage and raw shrimp. Ensure the meat is evenly distributed for consistent cooking.
3. Stir in liquids: Pour in the diced tomatoes, tomato paste and chicken broth. Stir in the smoked paprika, oregano, thyme, cayenne, cumin, salt, black pepper, minced garlic and bay leaf. Mix everything thoroughly so the spices penetrate the meat.
4. Slow cook the base: Cover the pot and cook on the low setting for 4 hours. Give the mixture a stir halfway through. This long cook time allows the collagen in the chicken to break down for a tender result.
5. Cook the rice: Stir in the uncooked long-grain rice. Cover the pot again and continue cooking on low for 30 minutes. The rice should be tender and have absorbed the spiced broth.
6. Rest the dish: Turn off the slow cooker and keep the lid on for 10 minutes. This allows the moisture to redistribute so the rice does not stick. This step ensures a fluffy texture.
7. Finish and serve: Remove the bay leaf and fluff the rice with a fork. Garnish with chopped parsley. Serve with lemon wedges to provide acidity that cuts through the rich, savoury sauce.

## Notes

What to serve with itServe this meal with warm, crusty garlic bread to soak up the tomato broth. A crisp green salad dressed in a light vinaigrette provides a fresh contrast to the rich, spiced rice. For a Southern-style twist, place a fried or poached egg on top of each serving.

Storing and reheatingStore leftovers in a tightly sealed container in the fridge for 2 to 4 days. Do not leave the cooked meat and seafood at room temperature for more than 2 hours. For longer storage, freeze in a freezer-safe container for up to 3 months.