

45-Minute Cajun Jambalaya

Total Time: 45 minutes

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients

- 5/8 boneless skinless chicken breasts
- 3/8 green bell pepper
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon hot pepper sauce
- 2 and 1/2 ounces kielbasa
- 1/8 teaspoon onion powder
- 1 bay leaf
- Salt and ground black pepper to taste
- 3/4 teaspoon olive oil
- 3/8 onion
- 2 teaspoons chopped garlic
- 3/4 teaspoon Worcestershire sauce
- 2/3 cup uncooked white rice
- 1 and 1/3 cups chicken stock
- 2 tablespoons and 2 teaspoon celery

Directions

- In a large pot, sauté the kielbasa and chicken for about 5 minutes.
- Sauté onions, bell peppers, celery and garlic; season with onion powder, pepper, salt and cayenne pepper.
- Once the vegetables are tender, add the chicken stock, bay leaf and rice.
- Bring the ingredients to a boil and simmer on for 20 minutes.

- Serve on a plate then add hot pepper sauce and Worcestershire sauce.