

# BULGUR JAMBALAYA

Preparation: **10 mins.** | Cooking: **30 mins.** | Servings: **4**

## INGREDIENTS

*8 ounces boneless, skinless chicken breast, cut into 3/4-inch pieces*  
*6 ounces smoked turkey sausage, sliced*  
*2 celery ribs, diced*  
*1 small onion, chopped*  
*1 medium sweet red pepper, diced*  
*1 cup bulgur*  
*1 cup reduced sodium chicken broth*  
*3/4 cup water*  
*1/2 cup sodium-free tomato sauce*  
*2 tsp. olive oil*  
*1 tsp. Cajun seasoning*  
*1/4 tsp. cayenne pepper (optional)*



## INSTRUCTIONS

Toss chicken with Cajun seasoning. In a large saucepan, heat oil over medium heat; sauté chicken until browned, 2-3 minutes. Remove from pan. In same pan, sauté sausage until browned, 1-2 minutes. Add red pepper, celery and onion; cook and stir 2 minutes. Stir in tomato sauce; cook 30 seconds. Stir in bulgur, broth, water, chicken and, if desired, cayenne; bring to a boil. Reduce heat; simmer, covered, until bulgur is tender and liquid is almost absorbed, about 10 minutes, stirring occasionally.