

# ONE POT JAMBALAYA

Preparation: **30** minutes | Cooking: **30** minutes | Servings: **6**

## INGREDIENTS

2 garlic cloves  
1 medium bell pepper, red  
1 medium bell pepper, green  
1 medium bell pepper, orange  
1/2 medium onion  
1/2 pound chicken breast  
3 cups low-sodium chicken broth  
2 cups crushed tomatoes

1 and 1/2 cups brown rice, raw  
8 ounces turkey sausage  
8 ounces shrimp, peeled and deveined  
2 tablespoons olive oil  
1/2 tablespoon Cajun spice (optional)  
1 teaspoon dried thyme  
1 teaspoon Worcestershire sauce



## INSTRUCTIONS

Heat olive oil in large pot. Chop onions and peppers, and mince or crush garlic. Sauté veggies and garlic for about five minutes or until soft. Cut chicken and sausage into bite-size pieces, and add to pot to cook until chicken is no longer pink. Add the rest of the ingredients to the pot except for the shrimp, and stir. Reduce heat to medium-low, and simmer for 30 minutes or until rice softens. Taste and season before adding shrimp, and cook until no longer pink. Serve.