

# DINNERLY



## Slow Cooker Jambalaya with Chicken Sausage & Jasmine Rice

 5h  2 Servings

Jambalaya: It's as fun to eat as it is to say. This icon of Cajun cuisine cooks beautifully in a slow cooker, allowing its bold flavors to deepen and intensify with time. Chicken sausage and veggies simmer together in a tomato broth, then just before you're ready to serve, add the rice to thicken up the stew. We've got you covered! Cook time is 3–6 hours. (2-p serves 4; 4-p serves 8)



## WHAT WE SEND

- 1 yellow onion
- 1 green bell pepper
- 2 (½ lb) pkgs uncased Italian chicken sausage
- 2 (¼ oz) Cajun seasoning
- 14½ oz whole peeled tomatoes
- 1 pkt chicken broth concentrate
- 10 oz ready to heat jasmine rice
- ¼ oz fresh parsley

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

## TOOLS

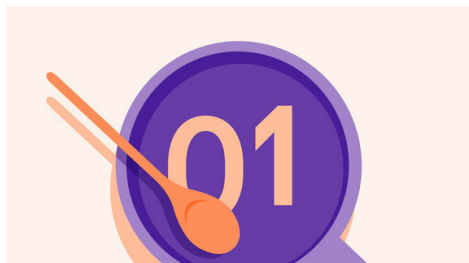
- large skillet
- slow cooker

## ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

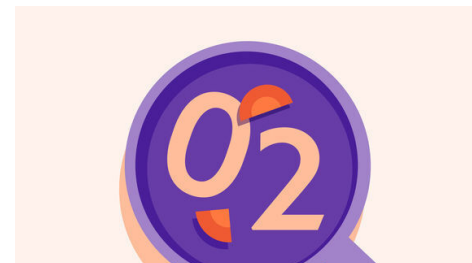
Calories 430kcal, Fat 14g, Carbs 44g, Protein 31g



### 1. Prep ingredients

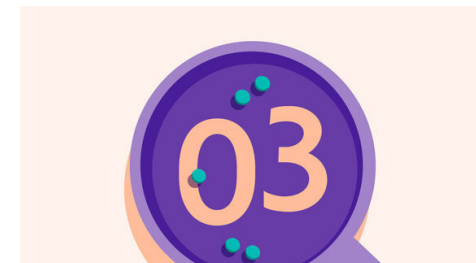
Finely chop **onion**. Halve **pepper**, discard stem and seeds, and chop into ¼-inch pieces. Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a large skillet over medium-high until shimmering. Add **sausage**; cook, breaking up into smaller pieces, until browned, 3–4 minutes. Transfer to slow cooker.



### 2. Cook veggies

To same skillet over medium heat, add **onions, peppers, and a pinch of salt** (add a drizzle of oil if skillet is dry). Cook, stirring, until softened, 3–4 minutes. Add **all of the Cajun seasoning and chopped garlic**; cook, stirring, until fragrant, 1–2 minutes. Transfer to slow cooker.



### 3. Build jambalaya & cook

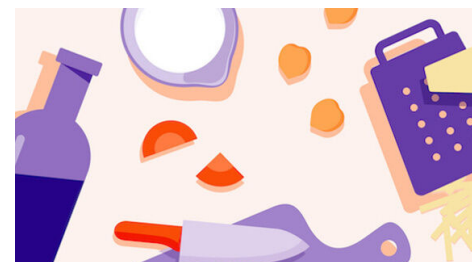
To slow cooker, add **tomatoes, broth concentrate, 1 cup water, ½ teaspoon salt, and a generous pinch of black pepper**. Break up tomatoes into smaller pieces. Cover and cook on high for 3–4 hours or low for 5–6 hours.



### 4. Finish & serve

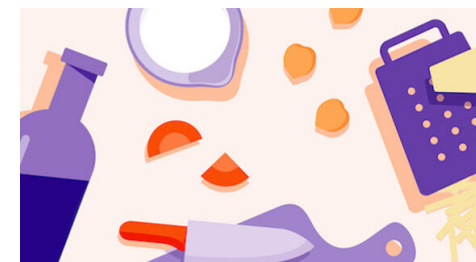
When **jambalaya** has finished cooking, stir in **rice**. Cover and continue cooking until thickened and warmed through, about 10 minutes. Finely chop **parsley** and stir in half. Season to taste with **salt** and **pepper**.

Serve **jambalaya** with **remaining parsley** sprinkled over top. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!