

# Turkey Jambalaya

Total Time: 40 minutes

Cook Time: 30 minutes

Makes: 6 servings

## Ingredients:

2 Tbsp oil of choice

1 onion, chopped

1 celery stalk, chopped

1 green pepper, chopped

1 clove garlic, chopped

**Optional:** 1 jalapeno, finely chopped

2 bay leaves

Hot sauce to taste or pinch cayenne

2 Tbsp fresh (2 tsp dried) oregano

1 Tbsp fresh (1 tsp dried) thyme

2 tsp Cajun or Creole seasoning

1 1/4 cup (about 6 oz.) chopped smoked sausage of choice, such as smoked meat sausage, andouille, chorizo or even spicy pepperettes

1 (14 oz.) can tomato sauce of choice

1 cup (250 mL) turkey or chicken stock

1 cup uncooked long grain rice or 2 to 3 cups cooked long grain rice

Good pinch salt

1 lb. (450 g) cooked turkey, cubed

Add In Options: 1 lb. (450 g) peeled cooked or frozen raw shrimp, thawed

Add On Options:       chopped green onions or chives to taste

Subs: cooked long grain rice = cooked barley, quinoa, farro

tomato sauce = chopped canned tomatoes in juice

## Method:

1. In a large skillet or Dutch oven over medium heat, add oil and sauté onion, bell pepper, celery, jalapeño and garlic until softened.

2. Stir in bay leaves, herbs, spices and sausage and let cook for 2 minutes.
3. Stir in rice to coat and let cook an additional 2 minutes. Pour over stock, tomato sauce and uncooked rice (if using) and bring to simmer. Cover and simmer for 25 minutes or until rice is cooked through, adding more stock if needed.
4. Stir in cooked turkey, shrimp and cooked rice (if using) and bring to simmer for an additional few minutes. If using raw shrimp it should take no longer than 5 minutes for them to cook through.
5. Taste, adjust seasoning with salt, pepper and hot sauce. Serve in a large bowl and garnish with some Add Ons.

