



Chicken and Andouille Jambalaya

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces andouille sausage
- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes crushed canned
- 2 teaspoons ground pepper
- 1 pinch celery salt
- 3 medium celery stalks
- 0.3 teaspoon thyme dried

- 3 medium garlic clove finely chopped
- 0.5 teaspoon garlic powder
- 2 large bell pepper green cored seeded
- 0.1 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground mustard
- 1 jalapeno cored seeded finely chopped
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt as needed plus more
- 3 cups chicken stock low-sodium
- 0.5 teaspoon onion powder
- 0.3 teaspoon oregano dried
- 0.8 teaspoon paprika
- 2 medium spring onion light white green thinly sliced (and parts only)
- 2.5 pounds chicken thighs boneless skinless cut into 2-inch pieces
- 4 ounces ham smoked
- 1 tablespoon tomato paste
- 1 tablespoon butter unsalted
- 0.3 cup vegetable oil
- 0.5 teaspoon pepper white freshly ground
- 2 cups rice long-grain white
- 2 large onion yellow

Equipment

- bowl
- paper towels
- oven
- wire rack
- pot

- wooden spoon
- dutch oven

Directions

- For the spice mix:1
- Place all of the ingredients in a small bowl and stir to combine; set aside.For the jambalaya:1
- Heat the oven to 375F and arrange a rack in the lower third. Pat the chicken thighs dry with paper towels and set aside.2
- Heat the oil in a heavy-bottomed, ovenproof, 7-quart pot or large Dutch oven over medium-high heat until shimmering.
- Place about one-third of the chicken pieces in the pot and cook, stirring rarely, until browned all over, about 5 to 6 minutes.
- Remove to a large bowl and brown the remaining chicken in 2 more batches; set aside.3
- Remove and discard all but about 1/4 cup of the fat from the pot.
- Add the butter and melt over medium heat.
- Add the onions, scrape the bottom of the pot with a wooden spoon to release any browned bits, and cook, stirring occasionally, until the onions just begin to brown, about 6 minutes.4
- Add the sausage, ham, and half of the reserved spice mix. Stir to coat everything with the spice mix and cook, scraping the bottom of the pot occasionally, until the meat is browned and the onions are very tender, about 10 minutes.5
- Add the bell peppers, celery, jalapeo, garlic, measured salt, and remaining spice mix. Cook, scraping the bottom of the pot occasionally, until the bell peppers have softened, about 10 minutes.6
- Add the reserved chicken and any accumulated juices, the tomato sauce or crushed tomatoes, and the tomato paste. Stir to combine and bring to a boil.
- Add the rice, stock or broth, and bay leaves, stir to combine, and bring to a boil. Cover with a tightfitting lid, transfer to the oven, and bake until the rice is tender and the liquid has been absorbed, about 30 minutes.7
- Remove the pot to a wire rack and let it sit, covered, for 5 minutes.
- Remove and discard the bay leaves. Stir to evenly combine the jambalaya, taste, and season with salt as needed.
- Sprinkle with the scallions and serve.

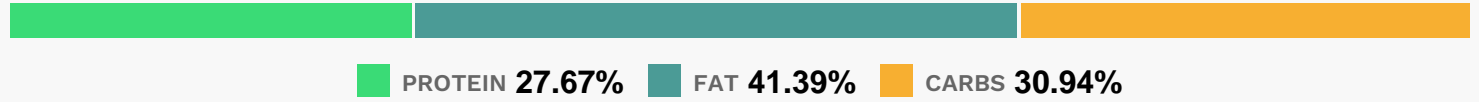
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Nutrition Facts



Properties

Glycemic Index:66.86, Glycemic Load:32.8, Inflammation Score:-8, Nutrition Score:38.146087086719%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 861.7kcal (43.09%), Fat: 39.58g (60.89%), Saturated Fat: 10.68g (66.74%), Carbohydrates: 66.55g (22.18%), Net Carbohydrates: 61.81g (22.48%), Sugar: 8.01g (8.9%), Cholesterol: 242.4mg (80.8%), Sodium: 1604.51mg (69.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.54g (119.08%), Selenium: 65.13µg (93.04%), Vitamin B3: 18.04mg (90.22%), Vitamin C: 59.42mg (72.03%), Vitamin B6: 1.42mg (70.92%), Phosphorus: 649.66mg (64.97%), Manganese: 1.07mg (53.64%), Vitamin K: 49.81µg (47.44%), Zinc: 5.86mg (39.06%), Potassium: 1337.91mg (38.23%), Vitamin B5: 3.65mg (36.54%), Vitamin B2: 0.59mg (34.65%), Vitamin B1: 0.48mg (31.95%), Vitamin B12: 1.89µg (31.45%), Copper: 0.6mg (30.1%), Iron: 4.89mg (27.14%), Magnesium: 105.52mg (26.38%), Vitamin E: 3.56mg (23.75%), Vitamin A: 1009.85IU (20.2%), Fiber: 4.74g (18.98%), Folate: 43.46µg (10.87%), Calcium: 102.68mg (10.27%), Vitamin D: 0.83µg (5.53%)