

DINNER

Gulf Shrimp Jambalaya

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
102 min	15 min	87 min	8	\$3.93	624 kcal



Gulf Shrimp Jambalayan is a Creole recipe that serves 8. For \$3.93 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. One serving contains 792 calories, 42g of protein, and 31g of fat. It is a good option if you're following a gluten free and dairy free diet.

Ingredients

- ☐ 1 pound andouille sausage, cut into rounds
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 pinch Pinch crushed red pepper
- ☐ 3 cloves garlic, smashed and finely chopped
- ☐ 8 servings Kosher salt
- ☐ 1 Spanish onion, cut into 1/4-inch dice
- ☐ 28 ounce diced tomatoes
canned
- ☐ 3 ribs celery, cut into 1/4-inch dice
- ☐ 2 fresh bay leaves
- ☐ 2 green peppers, seeded and cut into 1/4-inch
dice
- ☐ 8 servings Extra-virgin olive oil
- ☐ 2 cups long-grain rice

☐ 5 scallions, whites and greens thinly sliced, for garnish

☐ 2 pounds gulf shrimp, peeled and deveined, shells reserved

☐ 1 bundle fresh thyme

EQUIPMENT Frying pan, Pot

Method

- 1 Watch how to make this recipe.
- 2 For the shrimp stock: toss the shrimp shells in a large pot and fill with water. Bring the water to a boil, turn off the heat and let sit for at least 15 to 20 minutes, although longer is fine. Strain the shells and discard.
- 3 Coat a large, wide pot with olive oil and bring to medium-high heat.
- 4 Add the andouille and cook for 4 to 5 minutes, or until the sausage starts to brown.
- 5 Add the peppers, celery, and onion to the pan, season with salt and a pinch crushed red pepper. Cook 7 to 8 minutes or until the mixture has softened and is very aromatic. Toss in the garlic and cook for 2 to 3 more minutes.
- 6 Add the tomatoes and cayenne. Stir in the rice.
- 7 Add 4 cups shrimp stock, bay leaves, and thyme bundle. Season with salt and taste it to make sure you are on the way to something delicious. Cover and cook over medium heat for 25 minutes.
- 8 Stir in the shrimp and cook for another 5 to 7 minutes or until the shrimp turn pink.
- 9 Serve garnished with chopped scallions.

Nutrition per serving

624

KCAL

39 g

PROTEIN

31 g

FAT

49 g

CARBS

Saturated Fat	7.2 g · 45% of daily needs
Fibre	3.8 g · 15% of daily needs
Sugar	6.8 g · 8% of daily needs
Sodium	939 mg · 41% of daily needs
Cholesterol	231 mg · 77% of daily needs
Vitamin C	36.7 mg · 44% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/gulf-shrimp-jambalaya-142856