



## Ham Jambalaya



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



2022 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 3 stalks celery sliced
- ☐ 1 pound lima beans \*soaked overnight dried
- ☐ 2 cloves garlic minced
- ☐ 4 cloves garlic minced
- ☐ 1 medium bell pepper diced green
- ☐ 4 pound picnic ham bone-in

- ☐ 4 servings kosher salt
- ☐ 3 cups stewed beans (reserved from Slow-Cooked Ham and Beans)
- ☐ 1 medium onion diced
- ☐ 1 tablespoon paprika hot
- ☐ 2 teaspoons pepper flakes red
- ☐ 1.5 cups converted rice (parboiled)
- ☐ 1 bunch scallions chopped
- ☐ 4 sprigs thyme leaves
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons worcestershire sauce

## Equipment

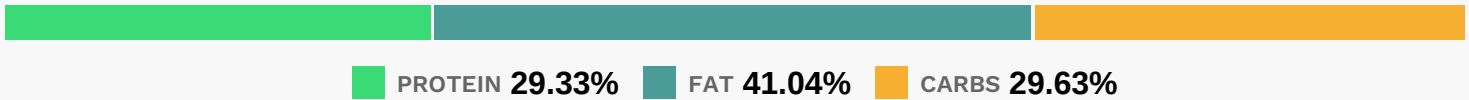
- ☐ bowl
- ☐ dutch oven
- ☐ slow cooker
- ☐ cutting board

## Directions

- ☐ Heat the vegetable oil in a Dutch oven or heavy-bottomed pot over medium-high heat.
- ☐ Add the onion, bell pepper, celery, garlic, and salt to taste. Cook, stirring occasionally, until the onion is translucent, about 7 minutes.
- ☐ Add the rice, ham, beans and 2 cups water and stir to combine.
- ☐ Reduce the heat to medium low, cover and cook until the rice is tender and almost all of the liquid is absorbed, 15 to 20 minutes. (Adjust the heat as necessary to maintain a gentle simmer; this will prevent the rice from sticking.)
- ☐ Remove from the heat and let stand 5 minutes before serving. Season with salt.
- ☐ Serve with hot sauce, if desired.
- ☐ Per serving: Calories 724; Fat 18 g (Saturated 5 g); Cholesterol 101 mg; Sodium 363 mg; Carbohydrate 94 g; Fiber 10 g; Protein 46 g

- ☐ Combine the tomato paste, Worcestershire sauce, red pepper flakes and paprika in a 5-to-6-quart slow cooker.
- ☐ Add the ham, beans, bay leaf and thyme.
- ☐ Pour in 4 cups water; cover and cook on low, undisturbed, 8 hours.
- ☐ Pour the tomatoes into a bowl and crush them with your hands.
- ☐ Add the tomatoes and their juices, the scallions and garlic to the slow cooker. Cover and cook 30 more minutes.
- ☐ Remove the ham from the slow cooker and transfer to a cutting board to cool slightly before slicing. Set aside about one-third of the ham and 3 cups of the stewed bean mixture for another use.
- ☐ Serve the remaining ham with the bean mixture.
- ☐ Per serving: Calories 750; Fat 22 g (Saturated 8 g); Cholesterol 201 mg; Sodium 640 mg; Carbohydrate 59 g; Fiber 17 g; Protein 77 g

## Nutrition Facts



## Properties

Glycemic Index:88.71, Glycemic Load:49.23, Inflammation Score:-10, Nutrition Score:75.017826329107%

## Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 2.17mg, Luteolin: 2.17mg, Luteolin: 2.17mg, Luteolin: 2.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

## Nutrients (% of daily need)

Calories: 2022.49kcal (101.12%), Fat: 91.15g (140.24%), Saturated Fat: 30.03g (187.71%), Carbohydrates: 148.11g (49.37%), Net Carbohydrates: 120.99g (44%), Sugar: 18.85g (20.94%), Cholesterol: 343.09mg (114.36%), Sodium: 7105.39mg (308.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 146.56g (293.13%), Vitamin B1: 3.87mg (257.76%), Selenium: 140.1µg (200.14%), Phosphorus: 1786.07mg (178.61%), Manganese: 3.03mg (151.52%), Vitamin B6: 2.9mg (144.79%), Vitamin B3: 27.05mg (135.24%), Folate: 495.87µg (123.97%), Potassium: 3989.79mg (113.99%), Zinc: 16.78mg (111.89%), Fiber: 27.11g (108.45%), Magnesium: 397.39mg (99.35%), Iron: 16.61mg (92.3%), Vitamin B2: 1.57mg (92.28%), Copper: 1.6mg (79.93%), Vitamin C: 57.23mg (69.37%), Vitamin B12: 4.1µg (68.3%), Vitamin B5: 5.29mg (52.89%), Vitamin A: 2435.55IU (48.71%), Vitamin K: 46.44µg (44.22%), Vitamin E: 4.56mg (30.38%),

Calcium: 265.07mg (26.51%), Vitamin D: 3.18μg (21.17%)