

Chicken and Sausage Jambalaya

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Serves about 6

- 1 pound smoked sausage or kielbasa (chicken or turkey) sausage, cut into 1/4-inch slices
- 1 pound chicken, cut into bite-size pieces
- 2 tablespoons flour
- 2 tablespoons butter
- 1 large yellow onion, chopped
- 2 cloves garlic, finely minced
- 3 ribs celery, chopped
- 1 medium red bell pepper, chopped (can use green but I prefer the flavor and color of a red bell pepper)
- 1 teaspoon dried basil
- 1/4 teaspoon Creole or Cajun seasoning
- 1 (10-ounces) can Rotel tomatoes (Mild or Original)
- 1/2 teaspoon sugar
- 1 1/2 cups chicken broth
- 2 cups hot, steamed rice

Note: Start cooking the rice while you prepare the rest of the jambalaya so it is ready to add in during the last step.

In a 4-6 quart pot, cook sausage and poultry over medium heat, if you use lean sausage add 1 tablespoon olive oil. Drain the grease (you may only need to do this if you aren't using a lean sausage), scrape the meat onto a plate and set aside. Melt the butter in the same pot. Stir in the flour and cook over medium heat, stirring constantly, for one minute. Add the vegetables, basil and Creole (or Cajun) seasoning, and the Rotel tomatoes and sugar. Stir well. Simmer the mixture over low or medium-low heat for 15 to 20 minutes, stirring occasionally, until the vegetables are mostly tender (they'll continue to cook a few minutes longer in the next step). Add the sausage and chicken back to the pot, and cook 10 minutes, stirring occasionally. Add the chicken broth and simmer 5 minutes longer. Stir in the hot, steamed rice until you achieve your desired consistency.

Recipe Source: [Mel's Kitchen Cafe](#)