



Jambalaya

Prep Time: 5-10 minutes

Cook Time: 25 minutes

Cost per serving: \$0.70

What you need:

Utensils:

- Cutting board & knife
- Large skillet
- Stirring spoon
- Measuring cups & spoons
- Can opener
- Vegetable brush (optional)

Ingredients:

- non-stick cooking spray or 1
- teaspoon oil
- 1 cup chopped cooked chicken
- 1 small onion, chopped
- 1 bell pepper, chopped
- 2 stalks celery, sliced
- 1 15-ounce can reduced sodium tomato sauce
- 1 cup rice instant brown rice
- 1¼ cups reduced sodium chicken broth
- ⅛ teaspoon red cayenne pepper
- ½ teaspoon chili powder
- 1 teaspoon garlic powder

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Grease a large skillet with non-stick cooking spray or oil.
4. Cook chicken for 2 minutes on medium to medium-high heat.
5. Add onions, bell pepper and celery to skillet. Continue to cook on medium to medium-high for an additional 2 minutes or until vegetables are tender.
6. Add tomato sauce, rice, chicken broth, and spices to the skillet. Bring to a boil.
7. Reduce heat to low. Cover and continue cooking for an additional 15 minutes or until liquid is absorbed.
8. Serve immediately.



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Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 200 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 170mg **7%**

Total Carbohydrate 35g **12%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 12g

Vitamin A 10% • **Vitamin C** 40%

Calcium 4% • **Iron** 15%

Fat 9 • Carbohy