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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.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 10
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% 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	
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Vitamin A 10%	Vitamin C 40%
Calcium 4%	Iron 15%
Fat 9 • Carbohy	