

Jambalaya

Makes 6-8 servings

INGREDIENTS

- 1 lb pre-cooked andouille sausage, cut into 1/2" pieces
- 3/4 lb pollock, cut into 1/2" pieces
- 3/4 lb pre-cooked peeled/deveined shrimp
- 2 Tbsp avocado oil
- 2 tsp Cajun seasoning
- 1 medium onion, diced
- 1 medium green bell pepper, chopped
- 1/2 cup chopped celery
- 3 cloves garlic, minced
- 1 (14.5 ounce) can stewed tomatoes, undrained
- 1/2 cup chicken broth
- 1 Tbsp Worcestershire sauce
- 1/2 tsp hot sauce
- 3 cups cooked riced cauliflower



INSTRUCTIONS

1. Cook pollock in oil in a large dutch oven over medium heat, 4 minutes, stirring occasionally
2. Add sausage and cook 3 minutes, stirring occasionally
3. Stir in Cajun seasoning, onion, bell pepper, celery, garlic and tomatoes. Cook 5 minutes, stirring frequently.
4. Stir in shrimp, chicken broth and remaining ingredients. Cook 3-4 minutes, stirring frequently, until heated throughout.

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