

Jammin' Jambalaya

Makes: 28 or 56 Servings

28 Servings

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Ingredients	28 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken breast, boneless, skinless	4 lbs.		8 lbs.	
Celery, stalk		4		8
Onions, chopped		2		4
Green onion, chopped		2 small bunches		4 small bunches
Green bell pepper, chopped		4 medium		8 medium
Tomatoes, diced, canned		2-14.5 oz cans		4-14.5 oz cans
Brown rice, dry		4 cups		8 cups
Water		12 cups		24 cups
Chicken bouillon		4 cubes		8 cubes
Bay leaf		2		4

Nutrition Information

Nutrients	Amount
Calories	281
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	360 mg
Total Carbohydrate	37 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Cayenne pepper

1/2 tsp

1/2 tsp

Directions

1. Wash chicken and pat dry. Cut into 1" chunks.
2. Spray a medium-size pan with non-stick cooking spray. Brown chicken over medium heat and remove from pan.
3. Add celery, onions, green onions, pepper, and tomatoes to same pot and cook over medium heat for 10 minutes.
4. Return chicken to the pot. Add rice, water, bouillon, bay leaf, and cayenne pepper. Bring to a boil.
5. Cover, reduce heat, and let simmer for about 50 minutes (instant brown rice will require a different cook time). Stir in parsley and serve warm.

Notes

Serving Tips:

Jambalaya can be made using any lean meat. Add more vegetables if you wish or change them according to those in season.