



# WHOLE30 APPROVED JAMBALAYA

from **TAZANDBELLY.COM**

*Oven Temperature: 375\**

*Prep Time: 20 minutes*

*Cook Time: 35 minutes*

*[Gluten free; Whole30 approved]*

## **Ingredients:**

<i>1 lb uncooked chicken, cubed</i>	<i>1/4 tsp paprika</i>
<i>1 lb compliant kielbasa,* cut into rings</i>	<i>1/4 tsp cayenne pepper</i>
<i>3 TB bacon grease or other fat</i>	<i>1 tsp salt</i>
<i>2 bags of riced veggies*</i>	<i>1 tsp Slap Ya Mama seasoning (or other creole blend)</i>
<i>4-5 celery ribs, diced</i>	<i>1 bay leaf</i>
<i>1 white onion, diced</i>	<i>1/4 cup coconut aminos</i>
<i>1 bell pepper, seeded + diced</i>	<i>1/4 cup Tessemae's BBQ sauce</i>
<i>3 cloves garlic, minced</i>	<i>chicken stock (to desired consistency)</i>
<i>small can of diced tomatoes (check for sugar)</i>	

## **Instructions:**

*Heat bacon grease in dutch oven over high heat.*

*Add half of the diced celery, onion + bell peppers; season with creole blend and saute until fragrant*

*Add chicken and kielbasa, stirring until sausage is browned and chicken is mostly white*

*Add all remaining ingredients except chicken stock; stir to incorporate*

*Bring to boil and cook for 10-15 minutes, adding chicken stock to desired consistency*

*Optional: Replace one bag of riced veggies with 1 cup of brown rice. Add additional 1/2 cup chicken stock for every cup of brown rice. Boil until rice is fully cooked.*

*\* I use Pedersen Farms no sugar added kielbasa and Green Giant riced cauliflower / sweet potato mix.*

[www.tazandbelly.com/2017/02/whole30-approved-jambalaya-recipe.html](http://www.tazandbelly.com/2017/02/whole30-approved-jambalaya-recipe.html)