

Diabetes-Friendlier Shrimp Jambalaya



Ingredients:

- 1 tbsp Avocado or Olive Oil
- 1 Yellow Onion
- 2 cloves Garlic
- 1 cup Celery
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 tsp Thyme
- 2 tsp Paprika
- 1 tsp Cayenne
- 1 tbsp Parsley
- Hot Sauce to taste
- 1 can no salt added diced tomatoes
- 16 oz no salt added tomato sauce
- 1 can reduced sodium chicken broth
- 1 1/2 cup uncooked Brown Rice
- 1/2 lb fully-cooked Frozen Shrimp

Directions:

1. Prepare veggies: dice onion, mince garlic, dice celery, chop peppers.
2. Heat oil in a nonstick skillet and sauté all veggies for about 5 minutes.
3. Stir in seasonings, diced tomatoes, tomato sauce and chicken broth.
4. Bring to boil.
5. Stir in rice, cover, and let simmer on medium heat for 20 minutes.
Reduce heat to low and simmer for 20 more minutes.
6. Add shrimp and remove from heat once shrimp is warm.
7. Makes 7 servings of 1 cup each.

Extra Veggie Options



Use Cauliflower Rice instead of Brown Rice for a lower carb Jambalaya



Sub out half of the shrimp for 1/4 lb extra veggies. Either add more of above veggies or add carrots or broccoli