

Jambalaya

Ingredients

- Can of meat (chicken, pork, etc)
- Sausage of any kind
- Rice of any kind
- 1 can of diced tomatoes
- 1 yellow onion
- 1 bell pepper
- Olive oil
- Any other non-leafy vegetables
- Paprika
- Black pepper
- Oregano

Steps

1. In a large pot, heat 2 tbsp of olive oil
2. Cut the sausage into small pieces and add into pot, cooking until it is all browned
3. While sausage is cooking, cut the vegetables into small pieces
4. Remove the sausage to a separate plate when it is browned
5. Add the vegetables to the pot, cook for about 5 minutes, stirring occasionally
6. Add the can of diced tomatoes, the cooked sausage, and the rice into the pot
7. Stir to ensure that nothing sticks to the sides of the pot
8. Add the paprika, black pepper, and oregano
9. Bring to a boil, then reduce heat to low and let simmer for 20-25 minutes, or until the rice is cooked
10. Drain the can of meat and add to the pot, stir, then allow to simmer for 5 minutes
11. Enjoy

This recipe was created by Matthew Biagi, Jasmine Hambaro, and Michael Harris in coordination with the UMass College of Nursing.