

Healthy Recipe: Jambalaya with Salmon Sausage

vitalchoice.com (Adapted from Women's Health, May 2009)

SERVES 6

INGREDIENTS

1 large onion, peeled and diced
3 cloves garlic, peeled and minced (or 2 teaspoon [organic garlic granules](#))
2 stalks celery, diced
2 carrots, diced
2 medium sweet red peppers (or 1 green and 1 red)
1 can (15 oz) crushed tomatoes
1 cup long grain brown rice (or white rice)
12 oz (4 patties) [Wild Salmon Sausage](#) (any variety; use our [Spicy Chorizo Style](#) for more heat) or poultry sausage, cut into 1/2 inch thick rounds
1 teaspoon hot sauce or [organic cayenne pepper](#)
2 tablespoon fresh thyme, minced (or 2 teaspoon dried)
1 teaspoon [sea salt](#)
1/2 teaspoon [organic black pepper](#)
2 cups water
3 tablespoon fresh parsley, minced
1 lb [Oregon Pink Shrimp](#)*, still-frozen or [Pacific Spot Prawns](#), thawed, peeled, and deveined

*See instruction 4 below. If using our pre-cooked Pink Shrimp, add it just 15 minutes before cooking is done, instead of one hour, as you would with Pacific Spot Prawns.

PREPARATION

1. In order, place the onion, garlic, celery, carrots, peppers, tomatoes, rice, and sausage in a crock pot.
2. Add hot sauce, thyme, salt, pepper, and water.
3. Cover and cook on low for 8 hours.
4. Add the parsley and shrimp and stir until well combined. Cook one more hour, adding more water if needed (It should be fairly thick, but not porridge-like).
5. Serve with bread or salad.