



**RECIPE NAME:** Superbowl Jambalaya

**FROM THE KITCHEN OF:** Libby Raymond

### INGREDIENTS:

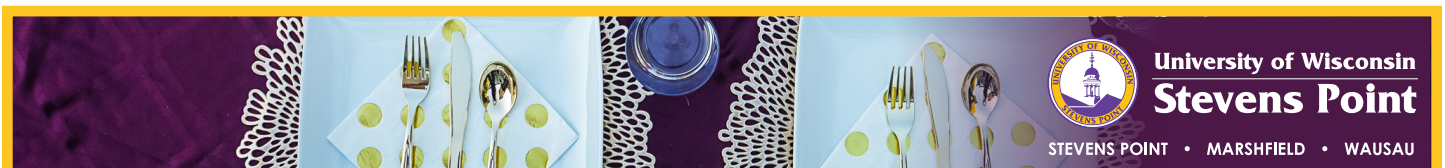
2 tablespoons vegetable oil  
2 cups chopped yellow onions  
1 cup chopped green bell peppers  
1/2 cup chopped celery  
1 teaspoon salt  
1/2 teaspoon cayenne  
1 lb smoked sausage, cut lengthwise in half, cut crosswise into 1/4-inch-thick slices  
4 bay leaves  
2 cups peeled, seeded, and chopped canned or fresh tomatoes  
1 tablespoon chopped garlic  
1 lb shrimp, peeled and deveined  
2 cups long-grain rice  
5 cups chicken broth  
1/2 cup chopped green onions or scallions (green part only)

### INSTRUCTIONS:

In a large Dutch oven, heat the vegetable oil over medium heat. Add the onions, bell peppers, and celery. Season with the salt and cayenne. Cook, stirring, until the vegetables are wilted, about 5 minutes. Add the sausage and cook, stirring, for 2 minutes. Add the bay leaves, tomatoes, garlic, and shrimp and cook, stirring, for 2 minutes. Add the rice and cook, stirring, for 2 minutes, then add the broth and bring to a boil. Reduce the heat to medium -low, cover and cook until the rice is tender and most of the liquid is absorbed, 25 to 30 minutes. Stir in the green onions, remove the bay leaves, and serve HOT!

Makes 6 to 8 servings.

**Additional Notes:** 6 Servings: (540g/serving) 660 calories, 28.6g fat (8.5g saturated fat), 211mg cholesterol, 1776mg sodium, 57.3g carbohydrates, 2.7g dietary fiber, 4.3g sugar, 40.2g protein



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