

Jambalaya

This recipe makes about 35 cups



Ingredients

3 lbs shrimp uncooked
6 chicken breasts uncooked
4½ cups brown rice, uncooked
9 bell peppers
6 stalks of celery
3 onions
12 cloves garlic
9 cups vegetable or chicken broth
3-15oz cans of diced tomatoes
3 bay leaves
6 tbsp cajun spice

add cayenne pepper and salt and pepper to taste

Directions:

You will need a large stockpot for this recipe. You could reduce the quantities for a more manageable batch

1. Dice the onions, peppers, and celery and mince the garlic cloves
2. Cut the chicken breasts into small cubes and the shrimp into bite size pieces
3. Heat a large stock pot over medium heat and add just enough broth to cover the bottom.
4. Sauté the onions, garlic, celery, and bell peppers until they begin to soften and brown.
5. Add the diced chicken breasts and cook until no longer pink.
6. Pour in the remaining broth, followed by the diced tomatoes, brown rice, bay leaves, and Cajun spice.
7. Increase the heat to bring the mixture to a boil, stirring regularly to prevent sticking.
8. Reduce to a simmer and continue cooking until the rice is fully tender.
9. Add the shrimp, stirring gently, until they are fully cooked.
10. Season to taste with cayenne pepper, salt, and black pepper
11. Add parchment paper to your trays
12. Scoop the squash out of the skins and spread evenly onto your trays
13. Add dividers if using. We like the 10-portion setting
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 46 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ¾ cups of freeze-dried jambalaya to a bowl and about ¾ cup of boiling water. Cover for 5 minutes. Stir and enjoy.

Notes:

Using a food processor to chop the vegetables in a great time saver. Store this in meal-size portions for easy grab-and-go for road trips or camping

Nutritional Value Per 2 divider portions or about 1 ¾ cups pre freeze-dried

Calories 340 Carbohydrates 48 g Protein 28 g Fat 4 g Fiber 4 g Sugar 4 g