

Brown Rice Jambalaya-ish

By healthierkitchen

Food52 Editors' Comments: WHO: healthierkitchen is a D.C.-area home cook, mother and former attorney who is taking a stand against a family proclivity towards health issues by devoting herself to time in the kitchen, family dinners and nutritious home cooking. WHAT: Richly spiced, protein-packed Jambalaya. HOW: Six steps, one pot. Is there anything better? WHY WE LOVE IT: There is nothing skimpy about healthierkitchen's brown rice version of this Bayou classic. Brimming with shrimp, chicken and andouille, this virtuous one-dish dinner feels absolutely indulgent. In fact, drbabs, who originally tested this recipe when it was a Community Pick, called it "something of a miracle". We couldn't agree more.

I've been playing with brown rice in this recipe for a while and this method seems to work pretty well. I have tried it in the oven, but stove top makes it easier to check the liquid level. I leave out one of the trinity of New Orleans style cooking, the green bell pepper, because I just don't like them. To use bell pepper, add about a half a pepper, diced, when you add your onion and celery. - healthierkitchen

Serves 4 - 6 Jambalaya-ish:

- 1 pound fresh shrimp (you can also use crabmeat or crayfish if you can get them)
- 2 links andouille sausage. If you prefer, use turkey or chicken andouille.
- 3 boneless, skinless chicken thighs (you can sub in about 2 cups leftover, cooked chicken diced up)
- 1 - 2 tablespoons olive oil
- 1 nice large onion, diced
- 2 stalks celery, diced
- 2 fat garlic cloves, minced
- 1 teaspoon Turkish red pepper paste (I use this instead of bell pepper, but you don't need both. Also, if you don't already have this, just skip it)
- 2 tablespoons Cajun spice mix (see below)
- 2 teaspoons flour
- 2.5 cups low or no sodium added chicken stock
- 1 can (14.5 ounces) diced, fire-roasted, no salt added tomatoes (if you can't find fire roasted, use regular)
- 1 cup medium grain brown rice or mekong flower rice (I use Uncle Ben's in the orange bag for this. Lundberg's also has one.)
- 3 - 4 scallions, sliced

Cajun Spice Mix (this will be more than you need for this recipe. store the remainder in a sealed container for next time):

- 1.5 tablespoons paprika
- 1.5 tablespoons onion powder
- 1.5 tablespoons garlic powder

- 2 teaspoons kosher salt
 - 1 teaspoon chili powder
 - 1 teaspoon dried thyme
 - 1 teaspoon dried oregano
 - 1 teaspoon black pepper
 - 1/4 teaspoon dry mustard
1. Peel and devein shrimp and set aside.
 2. slice andouille sausage into approximately 1/2 - 1 inch chunks. Heat a skillet over medium heat and cook the sausage, turning once or twice until nicely browned. Remove sausage from pan and reserve. If you want to use raw chicken thighs, brown them here and then set aside with the sausage.
 3. Heat a Dutch oven or large pot over medium heat, then add the olive oil and then the diced onion and celery (and green pepper if you're using it). When the onion begins to soften, add the garlic and cook another few minutes until onions are translucent.
 4. If using red pepper paste, add that to the pot and then the spice mix and flour. Mix well and let cook for a couple of minutes.
 5. Add the chicken stock, tomatoes and brown rice. Bring to a boil and then lower to a simmer. Add in the sausage (and chicken too if you're starting with raw) and cover pot. Let simmer for about 55 minutes. Check the liquid after about 40 minutes to make sure it hasn't cooked down too much. If it seems dry, add another half cup to a cup of stock or water.
 6. Add in the shrimp (and chicken if you're using already cooked) and let simmer, covered, for another five minutes or so.