



Pow! Sock! Bam! Jambalaya



1/4th of recipe, about 1 1/2 cups: 256 calories, 5.5g total fat (1g sat fat), 688mg sodium, 30.5g carbs, 3.5g fiber, 6.5g sugars, 20g protein

Freestyle™ SmartPoints® value 3*

Prep: 10 minutes **Cook:** 50 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

6 oz. (about 2 links) fully cooked chicken sausage (like the kind by Applegate Farms), sliced into coins
One 14.5-oz. can fire-roasted diced tomatoes (not drained)
1 onion, chopped
1 green bell pepper, seeded, chopped
1 cup chopped celery
1 cup low-sodium fat-free chicken broth
1/2 cup uncooked brown rice
1 tbsp. chopped garlic
1 tsp. Cajun seasoning
1/2 tsp. hot sauce, or more to taste
1/4 tsp. dried oregano
1/4 tsp. dried thyme
6 oz. raw shrimp, tails removed, deveined, chopped
Optional: salt and black pepper

Directions

Add all ingredients except shrimp to a large pot on the stove. Mix thoroughly. Bring to a boil.

Reduce heat to medium low. Cover and simmer until veggies are tender and rice is fluffy, about 35 minutes. Add shrimp and re-cover. Continue to cook until shrimp are tender and cooked through, about 6 minutes.

If you like, season to taste with salt, black pepper, and additional hot sauce. Serve and enjoy!!!

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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