

# Jammin' Jambalaya

**Makes:** 28 or 56 servings

Ingredients	28 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken breast, boneless, skinless	4 lbs.		8 lbs.	
Celery, stalk		4		8
Onions, chopped		2		4
Green onion, chopped		2 small bunches		4 small bunches
Green bell pepper, chopped		4 medium		8 medium
Tomatoes, diced, canned		2-14.5 oz cans		4-14.5 oz cans
Brown rice, dry		4 cups		8 cups
Water		12 cups		24 cups
Chicken bouillon		4 cubes		8 cubes
Bay leaf		2		4
Cayenne pepper		5 tsp		10 tsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>281</b>	
Total Fat	3 g	
Protein	25 g	
Carbohydrates	37 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	360 mg	

## Directions

1. Wash chicken and pat dry. Cut into 1" chunks.
2. Spray a medium-size pan with non-stick cooking spray. Brown chicken over medium heat and remove from pan.
3. Add celery, onions, green onions, pepper, and tomatoes to same pot and cook over medium heat for 10 minutes.
4. Return chicken to the pot. Add rice, water, bouillon, bay leaf, and cayenne pepper. Bring to a boil.
5. Cover, reduce heat, and let simmer for about 50 minutes (instant brown rice will require a different cook time). Stir in parsley and serve warm.

## Notes

**Serving Tips:**

Jambalaya can be made using any lean meat. Add more vegetables if you wish or change them according to those

in season.