



## 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

**Blue Plan (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.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.