

Jumpin' Jambalaya

Lively flavors abound in this traditional creole dish. The ingredient list is long, but the oven-baked preparation couldn't be easier.

- 1/2 cup green bell pepper, coarsely chopped
- 1/2 cup celery, coarsely chopped
- 1/4 cup onion, coarsely chopped
- 2 garlic cloves, pressed
- 1 can (14 1/2 ounces) Italian-seasoned diced tomatoes, undrained
- 1 cup sliced kielbasa sausage or cubed ham
- 1 cup uncooked converted long-grain white rice
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/8-1/4 teaspoon ground red pepper
- 1 can (14 1/2 ounces) chicken broth
- 8 ounces uncooked, medium fresh shrimp, peeled and deveined
- 1/2 cup frozen peas

Preheat oven to 400°F. With **Food Chopper**, coarsely chop bell pepper, celery and onion; place in **Mini-Baking Bowl**. Press garlic into Baking Bowl using **Garlic Press**. Add tomatoes, sausage, rice and seasonings; stir. Pour broth over rice mixture; cover with **8" Mini-Baker**. Bake 55-60 minutes or until rice is tender and liquid has been absorbed. Carefully remove Baker from Bowl. Stir in shrimp and peas; cover. Let stand 10 minutes to cook shrimp until they turn pink.

Yield: 4 servings

Nutrients per serving: Calories 340, Fat 5 g, Sodium 1690 mg, Dietary Fiber 2 g

COOK'S TIPS

■ Substitute 1/2 pound boneless, skinless chicken breasts, cut into 1-inch cubes, for shrimp. Combine chicken with rice mixture before baking.

■ **The Pampered Chef Pantry™ Cajun Seasoning Mix** can be substituted for the oregano, paprika, thyme, salt and ground red pepper. Use 1 tablespoon seasoning mix.

■ Recipe ingredients can be doubled and placed in the **Stoneware Baking Bowl**. Cover with **Deep Dish Baker** and bake as directed.

Yield: 8 servings