

Creole Jambalaya

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 4

*2 medium stalks (1 cup) celery,
chopped
4 cloves garlic, finely chopped
2 cans (14.5 ounce ea) reduced-
sodium diced tomatoes with bell
peppers and onion, undrained
1/2 cup fully cooked turkey smoked
sausage, chopped
1/2 teaspoon dried thyme leaves
1/4 teaspoon pepper
1/4 teaspoon red pepper sauce
3/4 pound uncooked medium shrimp
(26 to 30 count), thawed, peeled with
tails removed and deveined
1 cup uncooked long-grain white or
brown rice
2 cups water*

Preparation Time: 10 minutes

Spray a 3- to 3-1/2-quart slow cooker with cooking spray.

In the slow cooker, mix all of the ingredients except the shrimp, rice and water.

Cover and cook on LOW heat setting for seven to eight hours or until the vegetables are tender.

Stir the shrimp into the jambalaya. Cover and cook about 30 minutes longer or until the shrimp are pink.

Meanwhile, cook the rice in water as directed on the package, omitting butter and salt.

Serve the jambalaya with the rice.

Start to Finish Time: 7 hours 40 minutes

Per Serving (excluding unknown items): 8 Calories; trace Fat (3.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.

Slow Cooker, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	8
% Calories from Fat:	3.9%
% Calories from Carbohydrates:	80.3%
% Calories from Protein:	15.8%
Total Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 22mg
Potassium (mg): 71mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 27IU
Vitamin A (r.e.): 2 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 8 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		1%
Vitamin C		4%
Calcium		2%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.