

# Jambalaya-me-o-my-ah!



## Snappy Grains Jambalaya

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| 1 tbsp canola oil                            | ¼ cup chopped parsley                  |
| 1 lb (450 g) Italian sausage (spicy or mild) | 1 tsp salt                             |
| 1 large red pepper, diced                    | 1 bay leaf                             |
| 1 jalapeño, seeded, chopped                  | ½ to 1 tsp black pepper                |
| 2 large onions, diced                        | ½ tsp dried thyme                      |
| 4 stalks celery, diced                       | 1 tbsp paprika                         |
| 3 garlic cloves, minced                      | 1 cup corn kernels                     |
| 1½ cups Snappy Grains                        | 1 lb (450 g) 31/40 shrimp              |
| 3 cup diced tomatoes with juice              | 1 lb (450 g) small fresh clams, washed |
| 1½ cups chicken stock                        |  |

### Directions:

1. Remove sausage from casing and break into into 1 inch pieces. Sauté sausage in oil until brown and set aside. Sauté peppers, onion, celery, jalapeño and garlic for 2 minutes.
2. Add Snappy Grains and stir to combine. Add stock, salt, thyme, black pepper, sausage and bay leaf. Bring to a boil and simmer.
3. After 10 minutes add tomatoes and corn and stir to combine. Top with shrimp and clams; cover and let steam until clams open and shrimp are pink. Stir to combine and garnish with parsley. Chopped green onions can be used. For a spicier version add more hot peppers or cayenne.

Serves: 8 – 10