

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48251 Big Easy Jambalaya

This spicy dish brings the colorful taste of Mardi Gras to your dinner table.

Just add chicken, sausage and tomatoes.

Ingredients Rice, Dehydrated Vegetables (Carrots, Corn, Peas, Onions, Celery, Zucchini Squash), Minced Garlic, Cumin, Cayenne Pepper, Thyme, Parsley and Black Pepper.

Ingredients needed

- 1 14 1/2 oz can of petite diced tomatoes
- 1 15 oz can of tomato sauce
- 2 lbs of boneless, skinless chicken thighs
- 1 14 to 16 oz package of andouille sausage
- 4 cups of water or low sodium chicken broth
- 1 cup of white wine (optional) **Do not use cooking wine.**

Cooking Instructions

- 1. Place chicken and sausage in bottom of slow cooker.
- 2. Layer contents of vegetable and spice packets over meat.
- 3. Layer rice over vegetables and spices.
- 4. Top evenly with diced tomatoes and tomato sauce.
- 5. Slowly pour water or broth and wine over ingredients. **Do not stir.**
- 4. Cover and cook on high for 4½ to 5½ hours or low for 8 to 10 hours. **Do not lift lid while cooking.**
- 5. Salt to taste.

Serving Suggestions

- Add your favorite seafood (shrimp, clams, mussels etc.) 15 minutes before serving.
- Serve with crusty French bread and a green salad.
- Add Louisiana hot sauce or cayenne pepper to taste.
- Serve with lemon wedges.

Stove Top Cooking Instructions: (For those without a slow cooker.)

- 1. Start with a 4 to 6 quart sauce pot with lid. Place sausage into pot, along with the contents of the vegetable packet and add the 4 cups of water or broth.
- 2. Cover and put the stove on low, heat to a slight boil for 30 – 45 minutes stirring often.
- 3. Into the pot, place the tomato sauce and the diced tomatoes. Add the spice packet, stirring well while cooking for 1 hour, covered on simmer.
- 4. Add the chicken. At this point, you may need to add more water or broth. Stir and cover. Let simmer for 1 to 1 and one-half hours, until the chicken is mostly done and the vegetables are tender.
- 5. Check the amount of liquid, as you may need to add another cup along with the contents of the rice packet. Cover and let cook up to 1 more hour, checking the chicken to determine if done.
- 6. Garnish, add salt and pepper if needed and serve.

Nutrition Facts

Serving Size As Packaged 1.0 oz. (29g)

As Prepared 14.6 oz (415g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	100	520	
Calories from Fat	5	240	
% Daily Value**			
Total Fat 0g*	0%	42%	
Saturated Fat 0g	0%	45%	
Trans Fat 0g			
Cholesterol 0mg	0%	45%	
Sodium 30mg	1%	39%	
Total Carbohydrate 22g	7%	9%	
Dietary Fiber 2g	8%	12%	
Sugars 2g			
Protein 3g			
Vitamin A	80%	90%	
Vitamin C	4%	25%	
Calcium	2%	8%	
Iron	6%	25%	
<small>* Amount in Mix. As prepared, one serving provides 27g total fat (9 saturated fat), 135mg cholesterol, 940mg sodium, 28g carbohydrate (3g fiber, 5g sugar) and 43g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4