

Beef Jambalaya

Try a quick and easy all beef version of this Cajun classic. Beef Roast and smoked beef sausage are cooked in a peppery tomato sauce with vegetables and rice.

INGREDIENTS

- 1 beef Chuck Roast (about 1 pound), cut into 1-inch pieces
- 2 tablespoons vegetable oil, divided
- 12 ounces smoked beef sausage, cut into 1/4-inch rounds
- 1 tablespoon Cajun seasoning
- 1 cup diced onion
- 1/2 cup diced green bell pepper
- 1/2 cup diced celery
- 1 tablespoon minced garlic
- 1 can (14 ounces) diced Italian tomatoes
- 1 cup reduced-sodium beef broth
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon gumbo file powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper
- 1 bay leaf
- 1/2 teaspoon hot pepper sauce
- 3 cups cooked white rice
- Chopped green onions, chopped parsley leaves



50 Min	6	42 Cal	25.8g
	Servings		Protein

COOKING

1. Heat 1 tablespoon oil in large stock pot or Dutch oven over medium high heat. Season beef Chuck Roast pieces and beef sausage with Cajun seasoning. Brown beef pieces; set aside. Brown beef sausage; set aside.

2. Add remaining 1 tablespoon oil to same stock pot or Dutch oven. Add onion, bell pepper, celery and garlic; cook 7 to 10 minutes until vegetables are tender, stirring occasionally. Stir in tomatoes, broth, Worcestershire, salt, file powder, red pepper, black pepper and bay leaf. Add beef and sausage; bring to a boil. Reduce to a simmer; cover and cook 20 to 25 minutes, stirring occasionally. Discard bay leaf.

3. Stir in rice; bring to a boil. Reduce heat; simmer for 3 to 5 minutes or until liquid is absorbed and rice is heated through. Stir in hot sauce. Garnish with green onions and parsley, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		25.3g	86mg		35.2g	25.8g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com