

# New Orleans Jambalaya

From Kuntry Keto

## Ingredients:

2 tsp Extra Virgin Olive Oil  
1/4 yellow Onion chopped  
3 stalks Celery  
1 large Red Bell Pepper rough chopped  
14 oz Andouille Sausage sliced  
1 tbsp Dried Oregano  
1 tbsp Garlic minced  
1 tsp Dried Thyme  
1 tsp Himalayan Pink Salt  
1/2 tsp Cayenne Pepper ( use more if you want real spicy)  
1/2 tsp Chili Powder  
1/2 tsp Onion Powder  
1/2 tsp Garlic Powder  
1/2 tsp ground Black Pepper  
1 lb Chicken Breast cut into chunks  
28 oz of Diced Tomatoes ( I make my own, but if you can find a sugar free can go for it)  
1/2 cup Chicken Bone Broth  
2 Bay Leaves  
1 head Cauliflower riced  
1 lb Shrimp cleaned with tails on ( you can clear off tails, but you will be missing out on a lot of flavor if you do. Best to cook with them on and rip off as you eat)  
2 tbsp Dried Parsley

1. Select Saute/Browning on pressure cooker and allow pot to fully heat.
2. Add oil and coat bottom of pan. Add Andouille slices, onion, minced garlic, celery, pepper, oregano, thyme, salt, cayenne pepper, chili, onion powder, garlic powder, and black pepper. Saute for 5 minutes.
3. Stir in chicken, diced tomatoes and chicken bone broth. Place bay leaves on top.
4. Lock lid and close pressure valve. Cook at high pressure for 3 minutes. When finished, let pressure release naturally for 10 minutes, then quick release pressure.

5. Open lid, mix in riced cauliflower, shrimp and parsley. Close and lock lid. Set to low pressure 5 minutes. When finished quick release pressure.
6. Remove the bay leaves and serve.

Recipe makes 12 cups

Macros for 1 serving ( 1 cup )

6 g Net Carbs 29 g Protein

7 g Fat 215 Calories

**\*\*Remember Macros can change depending on the ingredients you use. The macros posted are strictly based on the ingredients I used creating recipe.**