

Jambalaya

[To go back to INDEX - Click INDEX tab](#)

Cooking time:

Cooking time (minutes):

10 Microwave
20 or Wok

Yield:	cups	16	12	8	4
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Shrimp, frozen	cooked	cups	4	3	2	1
Broth, Vegetables		cups	2	1 1/2	1	1/2
Chilli, green	can	cups	1	3/4	1/2	1/4
Tomato, Stewed	can	cups	4	3	2	1
Ham, diced	can	cups	2	1 1/2	1	1/2
Vegetables, frozen	diced	cups	2	1 1/2	1	1/2
Pepper, bell, chopped	Green	cups	1	3/4	1/2	1/4
Pepper, bell, chopped	Red	cups	1	3/4	1/2	1/4
Onion, chopped		cups	1	3/4	1/2	1/4
Celery, diagonally cut		cups	1	3/4	1/2	1/4
Old Bay	spice	teasp	4	3	2	1
Garlic	spice	TBSP	4	3	2	1
Parsley flakes	spice	TBSP	2	1 1/2	1	1/2
Pepper, Cayenne	spice	teasp	1	3/4	1/2	1/4

Add to bowl, Mix & Cover with plastic food wrap

Microwave until heated - about 10 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add ingredients to wok

Cook until heated - about 20 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months