

# RECIPE CARD

BY CHEF *GWENDOLYN THOMAS*

## JAMBALAYA SOUP

### **INGREDIENTS**

- 3 tablespoons olive oil, divided
- 3 boneless skinless chicken thighs, cut into bite size pieces
- 1 to 2 pounds Andouille sausage, sliced thin or thick
- 3 small bell peppers, red and green, diced
- 2 ribs celery, diced
- 1 small white onion, diced
- 2 cloves garlic, minced
- 6 to 7 cups chicken stock
- 128 ounces canned crushed tomatoes
- 1 tablespoon tomato paste
- 1 cup cooked parboiled rice
- 2 tablespoons Cajun seasoning
- Salt and pepper to taste
- 2 bay leaves
- 1 teaspoon dried thyme, crushed
- 1 pound shrimp, peeled and deveined
- Green onions and hot sauce for garnish

## **PROCEDURES**

1. Heat 2 tablespoons of oil in a stock pot over medium heat. Add the chicken and cook until lightly browned. Remove chicken from the pot and set aside.
2. In the same pot, add the sausage and cook until lightly browned. If needed, add the remaining 1 tablespoon of oil. Add the bell peppers, celery, and onion, and sauté for 5–6 minutes until soft and translucent.
3. Add the garlic last and sauté for about 1–2 minutes, stirring continuously so it does not burn.
4. Optional: If you prefer a thicker soup, sprinkle in a thin layer of flour and stir until lightly browned.
5. Stir in the tomato paste and cook for 1 minute to deepen the flavor.
6. Slowly add the chicken stock, then stir in the crushed tomatoes. Add Cajun seasoning, bay leaves, and thyme. Reduce heat to medium and let simmer for 10–15 minutes, stirring occasionally.
7. Taste and adjust seasoning with salt and pepper as needed.
8. Return the chicken and sausage to the pot, then add the cooked rice. Simmer for 5 minutes to allow flavors to combine.
9. Add the shrimp and simmer an additional 5 minutes, or until shrimp are pink and fully cooked.

### ***Garnish:***

Sprinkle with chopped green onions and/or a dash of hot sauce. Pairs really well with toasted bread or saltine crackers.