

Jambalaya

Ingredients

- 1 ham hock
- 1 14 oz. can chopped tomatoes (reserve liquid)
- 2 carrots, chopped
- ½ yellow onion, peeled and chopped
- 2 tbl tomato paste
- 2 stalks celery, chopped
- 1/8 cup chopped parsley
- 2 lb. chicken thighs
- 2 cloves crushed garlic
- 2 bay leaves
- ½ tsp whole thyme
- 1 tbl peanut oil
- ½ tsp basil
- ½ cup chopped yellow onion
- Salt and pepper to taste
- ½ green pepper, chopped
- 1/8 cup Worcestershire sauce
- ½ cup celery, chopped
- ½ lb. hot smoked link sausage
- 3 green onions, chopped
- ½ lb. cooked shrimp
- 1 cup rice

Instructions

- ☐ Place ham hocks, carrots, onion and celery in Instant Pot, cover with water and cook for 45 minutes.
- ☐ Add chicken and 1 bay leaf, cover, cook for 25 minutes (until chicken is tender).
- ☐ Allow the pot to cool, then bone the chicken and chop the meat.
- ☐ Bone the ham hocks, remove the skin and chop the meat.
- ☐ Reserve 2 cups of stock and the two meats.
- ☐ Heat oil in the Instant Pot (saute setting) then add the chopped onion and pepper, sauté until tender.
- ☐ Add the celery, green onion and tomatoes and cook until soft.
- ☐ Add the ham hock meat and tomato paste, then sauté until mixture begins to brown.
- ☐ Add parsley, garlic, 1 bay leaf, thyme, basil, salt, pepper, Worcestershire sauce, tomato liquid and 1 cup of stock and cook for 20 minutes.
- ☐ Cut sausages into bite size slices, then brown in another pan.

- ☐ Discard grease and place sausage slices in the gravy.
- ☐ Cook 1 cup rice in a separate pan.
- ☐ Rinse the frying pan with ½ cup reserved stock, then pour into gravy.
- ☐ Place the rice in the gravy, along with the chicken meat and shrimp.
- ☐ Add additional liquid if needed for proper consistency.