



Cabbage Jambalaya

Oscar · 28/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

6

Description

This is an easy recipe My son doesnt like cabbage but will eat this like crazy You can make it lowfat by using ground turkey and lowfat sausage They wont know the difference

Ingredients

- - 1 pound ground beef - 1 pound smoked sausage
- cut into 1/4-inch slices - 1 onion
- chopped - 3 stalks celery
- chopped - 1 clove garlic
- chopped - 1 medium head cabbage
- chopped - 1 (14.5 ounce) can stewed tomatoes - 14 ½ fluid ounces water - 1 cup uncooked rice - 1 pinch garlic salt
- or to taste

Instructions

1. Combine ground beef
2. smoked sausage
3. onion
4. celery
5. and garlic in a large stock pot over medium-high heat. Cook and stir until beef is evenly browned
6. about 5 minutes. Stir in cabbage
7. tomatoes
8. water
9. and rice. Season with garlic salt. Bring to a boil; reduce heat to low. Cover and cook
10. stirring once
11. until rice is tender
12. 35 to 40 minutes. Rock Lobster Recipe Tip The jambalaya can also be prepared in the oven. Preheat the oven to 350 degrees F (175 degrees C). Follow the recipe as directed
13. but for Step 2
14. place the jambalaya into the oven and cook
15. stirring once
16. until the rice is tender
17. 35 to 45 minutes.