




Total Time
45 MIN.

Serving Size
250 ML (1 CUP)

Difficulty
EASY

A Cajun-style favourite with onion, peppers, celery and chicken. Spiced up with a Cajun spice blend.

Yields
12

 **Tip**
* Can also use **Campbell's® Condensed Reduced Sodium Tomato soup, 12 x 1.36 L (48 oz), code #18987**

INGREDIENTS	WEIGHT	MEASURE
Vegetable oil	3 tbsp	45 mL
Onion, diced	2 cups	500 mL
Green pepper, diced	2 cups	500 mL
Red bell pepper, diced	2 cups	500 mL
Celery, diced	1 1/2 cups	375 mL
Chicken breast, boneless, skinless	2 1/2 lbs	
Garlic, minced	1/2 tsp	2 mL
Paprika, ground	2 tbsp	30 mL
Black pepper, ground	1 1/4 tsp	6 mL
Bay leaf, crumbled	1/4 tsp	1 mL
Garlic powder	2 1/2 tbsp	37 mL
Long grain white rice, uncooked	6 cups	1 L
Campbell's® Condensed Tomato soup*	1 can 48 oz.	1 can 1.36 L
Water	4 cups	1 L

Fresh Parsley, chopped



INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Sauté onions, peppers and celery for 5 minutes.

2. Add diced chicken, garlic and spices. Stir well, cook 10 minutes.

3. Add rice and mix well. Add *Campbell's*® Condensed Tomato Soup. Slowly stir in water.

4. Bring to a boil, then reduce to a simmer. Cover and stir occasionally until rice is cooked, about 15 minutes.

CCP: Heat to a minimum internal temperature of 165°F / 74°C for 1 minute.

CCP: Hold for hot service at 140°F / 60°C or higher until needed.

To serve, using a 12 oz. ladle, portion 1-1/2 cups of Jambalaya into a serving bowl. Garnish with fresh parsley. Serve immediately.