

Shrimp Jambalaya

Ingredients

1 tbsp olive oil
2 tbsp green onion, diced
¼ cup bell pepper, small dice
¼ cup onion, small dice
1 tbsp Cajun seasoning
½ cup long grain rice
¾ cup chicken stock
½ cup tomato sauce
¼ cup stewed tomatoes, chopped
6ozs shrimp, peeled and deveined

Method

Preheat the convectionware over medium heat on the stove top. Add the olive oil, green bell pepper, green onion. Cook for 2 minutes until the vegetables are soft.

Add the Cajun seasoning and remove the convectionware from the heat. Add the remaining ingredients and stir to combine.

Secure the convectionware lid and place in a preheated 450 degree oven for 20 minutes.

Remove and let rest covered for 5 minutes.