



HEART HEALTHY SHRIMP JAMBALAYA

Shrimp jambalaya is a flavorful and hearty dish that can be made heart-healthy by incorporating lean shrimp, plenty of vegetables, and whole grains. Here's a delicious recipe that is packed with protein, fiber, and nutrients.



Yield: 50 Recipe compliments of **Chef Johnnie Gale**, Corporate Chef of Ocean Select Seafood and Guidry's Catfish. Nutrition Analysis & Healthy Swaps provided by **Laurel Blackerby MSN, RDN, CHC**

INGREDIENTS (For 50 servings)

- 1 1/3 cup olive oil
- 25 cloves garlic, minced (~4Tbsp)
- 8 1/2 cups yellow onion, chopped
- 8 1/2 cups celery stalks, chopped
- 8 1/2 cups lbs bell pepper, diced, green or preferred color
- 8 1/2 cups (3.6 lbs) uncooked long-grain brown rice, or other preferred whole grains
- 17 bay leaves
- 5 Tbsp, plus 2 tsp garlic powder
- 5 Tbsp, plus 2 tsp smoked paprika
- 5 Tbsp, plus 2 tsp chili powder
- 1 1/4 #10 can crushed or diced tomatoes (~4 qt)
- 6 1/2 qt low-sodium vegetable or chicken broth
- 8 15-oz can black eye peas, thoroughly drained and rinsed (4 qt)
- 8 1/2 lb. uncooked tail-off shrimp, peeled and deveined, thawed (~17 cups)
- 2 Tbsp plus 2 tsp salt, to taste
- 1 Tbsp plus 1 tsp, black pepper, to taste
- Cilantro, optional for garnish

DIRECTIONS

1. Heat olive oil in a large, deep sauté pan (5 qt. or larger) over medium heat. Add the garlic, onion, celery, and pepper and cook until softened, about 5 minutes.
2. Add brown rice (or preferred choice of whole grains), bay leaves, garlic powder, paprika, chili powder, and tomatoes. Stir until well combined, and season with salt and pepper, to taste.
3. Pour in the vegetable broth, stir until combined, and bring to a boil. It will look soupy here, but all liquid will be absorbed by the brown rice. Reduce boil to a simmer, cover, and cook, stirring often to avoid grains sticking to the bottom of the pan.
4. Cook for approximately 45 minutes or until grains are tender. During the cooking process, if you notice grains are getting dry and sticking to the bottom, add another cup of broth or water. (Note: other whole grains may have various cooking times; follow cooking directions on the label.)
5. Once brown rice is cooked, stir in the beans and shrimp and heat until cooked through, for about 5 minutes.

Nutrition Facts

50 servings per container	
Serving size	2 Cups (335g)
Amount Per Serving	
Calories	320
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Monounsaturated Fat 4.8g	
Cholesterol 120mg	40%
Sodium 450mg	20%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 2.7mg	15%
Potassium 560mg	10%

NUTRITION

Serving Size: 2 cups (335g).
 Servings: 50 Calories: 320
 7g Fat (1g Saturated Fat,
 0g Trans Fats, 120mg
 Cholesterol). 450mg Sodium.
 36g Carbohydrates (7g Fiber,

5g Total Sugar, 0g Added Sugars). 21g Protein.
 0µg Vitamin D, 110mg Calcium, 2.7mg Iron,
 560mg Potassium.

ALLERGENS

Contains: Fish, Crustacean Shellfish (Shrimp).

EXCHANGES

1 servings of Fat, 2.5-1/4 cup serving heated
 Vegetables, 2-1oz servings of Protein, 1 serving
 of Whole Grains.

DIETARY SWAPS

- **Lower Sodium:** To reduce sodium even further, use no salt added broth. This reduces sodium to 380mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

HEALTH POINTS

- Excellent source of protein. Contains 21g per serving.
- Good source of fiber. Contains 7g per serving.
- Contains 4800mg of monounsaturated fatty acids, of which 421mg is omega3 fatty acids to support brain and heart health.