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Express Shrimp and Sausage Jambalaya

★ **Prep Time:** 5 mins

★ **Cook Time:** 15 mins

★ **Rest Time:** 6 mins

★ **Total Time:** 26 mins

★ Ingredients

- 1 teaspoon oil, canola
- 8 ounce(s) kielbasa, low-fat, or andouille sausage, cut into 1/4-inch-thick slices
- 16 ounce(s) mixed vegetables, frozen, bell pepper and onion
- 14 ounce(s) broth, reduced-sodium chicken
- 2 cup(s) rice, brown, instant
- 8 ounce(s) shrimp, raw, (26-30 per pound), peeled and deveined

★ Preparation

- 1) Heat oil in a Dutch oven over medium-high heat. Add sausage and pepper-onion mix; cook, stirring occasionally, until the vegetables soften, 3 to 5 minutes.
- 2) Add broth to the pot and bring to a boil. Add rice, stir once, cover and cook for 5 minutes.
- 3) Add shrimp and stir to incorporate. Remove from the heat and let stand, covered, until the shrimp are opaque and cooked through, 5 to 6 minutes. Fluff with a fork and serve.

