

# Instant Pot Jambalaya

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*'Jambalaya, a Louisiana meat, seafood, and rice staple, is quick and easy in the multi-cooker. By browning the sausage first and then stirring it in only at the end, you infuse the rice with its flavor, yet keep it from turning rubbery under pressure.'* -Super Fast Instant Pot Pressure Cooker Cookbook

I would add, including the cooked shrimp at the end also allows it to keep non-rubbery texture which can occur when shrimp is over-cooked!

**Course** Main Course  
**Cuisine** American  
**Keyword** instant pot jambalaya, jambalaya recipe

**Prep Time** 10 minutes  
**Cook Time** 25 minutes  
**Total Time** 35 minutes

**Servings** 6 1 1/2 cup servings  
**Calories** 430 kcal  
**Author** Toni Dash

## Ingredients

2 tablespoons Olive Oil  
 12 ounces Andouille Sausage cut into 1/4-inch-thick slices  
 1 medium Onion chopped  
 1 medium Green Bell Pepper seeded and chopped  
 1 medium stalk Celery chopped  
 3 Garlic Cloves diced  
 2 teaspoons Cajun Seasoning  
 1/4 teaspoon ground Thyme  
 1 cup Long-Grain White Rice  
 1 14.5-ounce can Diced Tomatoes undrained  
 1 1/2 cups Low-Sodium Chicken Stock  
 1/2 teaspoon Kosher Salt  
 12 ounces medium Cooked Shrimp (41-60 count)  
 4 Scallions thinly sliced

## Instructions

1. Heat the olive oil in the inner pot at on Sauté. Add the sausage slices, and cook until browned, about 2 minutes per side. Transfer the meat to a paper towel-lined plate to drain.
2. Add the onion, bell pepper, celery, and garlic and cook, stirring occasionally, until the onion is translucent, about 3 minutes.
3. Add the Cajun seasoning, thyme, and rice, and stir until the rice is well coated in the oil. Press Cancel to stop the cooking.
4. Add the tomatoes and their juices, the stock, and salt. Stir with a spatula *freeing any food particles sticking to the bottom of the Instant Pot insert*.
5. Lock the lid. Cook on Manual High Pressure for 8 minutes, then allow a Natural Pressure Release for 5 minutes followed by manual release of the remaining pressure.
6. Stir the rice mixture, then stir in the shrimp, scallions, and reserved sausage. Replace the Instant Pot lid and allow the ingredients to heat through for 5 minutes in the residual heat.

## Recipe Notes

Recipe adapted from 'Super Fast Instant Pot Pressure Cooker Cookbook'

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<b>Nutrition Facts</b>	
Instant Pot Jambalaya	
<b>Amount Per Serving</b>	
<b>Calories</b> 430	Calories from Fat 198
<b>% Daily Value*</b>	
<b>Fat</b> 22g	<b>34%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 190mg	<b>63%</b>
<b>Sodium</b> 1164mg	<b>49%</b>
<b>Potassium</b> 403mg	<b>12%</b>
<b>Carbohydrates</b> 29g	<b>10%</b>
Fiber 1g	<b>4%</b>
Sugar 1g	<b>1%</b>
<b>Protein</b> 26g	<b>52%</b>
<b>Vitamin A</b> 505IU	<b>10%</b>
<b>Vitamin C</b> 22mg	<b>27%</b>
<b>Calcium</b> 115mg	<b>12%</b>
<b>Iron</b> 2.8mg	<b>16%</b>
* Percent Daily Values are based on a 2000 calorie diet.	