

Cajun Cauliflower Jambalaya



Satisfy your Cajun cravings with this keto-friendly jambalaya featuring savory cauliflower rice and bold Cajun flavors. A low-carb twist on a classic dish that will leave you feeling satisfied and guilt-free. – makes about 4 servings –

Ingredients:

- 1 head of cauliflower, riced
- 1 onion, diced
- 1 bell pepper, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 lb spicy chicken sausage, sliced
- 1 lb shrimp, peeled and deveined
- 1 can diced tomatoes
- 1 cup chicken broth
- 2 tbsp Cajun seasoning
- 1 tsp paprika
- Salt and pepper, to taste
- Green onions, for garnish.

Instructions:

1. In a large skillet, sauté onion, bell pepper, celery, and garlic until softened.
2. Add chicken sausage and cook until browned.
3. Stir in cauliflower rice, diced tomatoes, chicken broth, Cajun seasoning, paprika, salt, and pepper.
4. Let simmer for 10 minutes, then add shrimp and cook until pink.
5. Serve hot, garnished with green onions.

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For more delightful recipes like this one, please refer to the cookbook mentioned below. Additionally, consider hiring Chef Linda for personalized menu creations tailored to your preferences. For more information, please follow the links provided.



[Recipe from: Beyond Keto Diet: Almost Keto Meal Planning Made Easy: A Step-By-Step Guide To Shedding Pounds](#)