

Cajun Cabbage Jambalaya: Easy One-Pot Weeknight Meal

This Cajun Cabbage Jambalaya is a true kitchen hero, and I absolutely adore it for its



TIME
8-10 min

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INGREDIENTS

- 1 pound spicy pork sausage (smoked sausage or ground pork sausage)
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 cup celery, chopped
- 1 head green cabbage (about 1.5-2 lbs), chopped or shredded
- 1 can (14 ounces) diced tomatoes, undrained
- 1 cup chicken broth
- 1/2 cup of water
- 1 cup uncooked brown basmati rice (or other long-grain brown rice)
- 1 tablespoon chilli powder
- 1/2 teaspoon of salt
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne pepper (adjust to taste)
- 1/8 teaspoon black pepper

DIRECTIONS

1. Let's get this delicious : Cajun Cabbage Jambalaya simmering!
2. **Brown : Sausage & Aromatics:** In a large saucepan or Dutch oven, cook the 1 pound spicy pork sausage (if using ground, crumble it; if links, slice into rounds). Cook with the 1 chopped onion and 4 minced garlic cloves over medium-high heat until the sausage is browned and cooked through, and the onion is softened, about 8-10 minutes. Drain any excess grease.
3. **Saut  Bell Pepper & Celery:** Stir in the 1 chopped green bell pepper and 1 cup chopped celery. Cook and stir for 3 more minutes until they begin to soften slightly.
4. **Add : Remaining Ingredients & Simmer:** Add all of the rest of the ingredients to the saucepan: 1 head chopped green cabbage, 1 can (14 oz) undrained diced tomatoes, 1 cup chicken broth, 1/2 cup water, 1 cup uncooked brown basmati rice, 1 tablespoon chilli powder, 1/2 teaspoon salt, 1 teaspoon paprika, 1/2 teaspoon cumin, 1/8 teaspoon cayenne pepper, and 1/8 teaspoon black pepper. Stir everything well to combine.
5. **Boil, : Cover & Cook:** Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the saucepan tightly, and cook. Stir occasionally (every 10-15 minutes) to prevent sticking and ensure even cooking, until the rice is tender and most of the liquid has been absorbed. This will take approximately 50 minutes for brown rice.
6. **Serve:** Remove from heat. Fluff the jambalaya with a fork. Taste and adjust seasoning if needed (more salt, pepper, or cayenne). Enjoy your hearty Cajun Cabbage

Jambalaya!

SWAPS & NOTES

Spicy Pork Sausage: Andouille sausage (sliced) or a spicy ground pork sausage works well.

Adjust spice level if using mild sausage.

Onion, Garlic, Green Bell Pepper, Celery: This is the "holy trinity" of Cajun cooking and provides the aromatic base.

Green Cabbage: A medium-sized head of green cabbage, chopped or roughly shredded, adds tenderness and sweetness as it cooks down.

TIPS FOR SUCCESS

Drain Sausage Well: Removing excess grease from the cooked sausage will prevent your jambalaya from being oily.

Don't Overcook Veggies (Initially): Sautéing the bell pepper and celery briefly allows them to soften but still hold some texture in the finished dish.

Consistent Heat: Maintain a low, steady simmer once covered to ensure the rice cooks thoroughly without burning.

Stir Occasionally: Stirring helps prevent rice from sticking to the bottom of the pot.

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