

## Cajun Cabbage Jambalaya: Hearty One-Pot Meal

Prepare to dive into a bowl of pure comfort and bold flavor with this incredible



**TIME**  
**15-20 min**

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**ChefManiac**

### INGREDIENTS

- 1 pound spicy pork sausage (like Andouille or a hot smoked sausage), sliced
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 cup celery, chopped
- 1 head green cabbage, roughly chopped
- 1 can (14 ounces) diced tomatoes, undrained
- 1 cup chicken broth (low sodium preferred)
- 1/2 cup of water
- 1 cup uncooked brown basmati rice
- 1 tablespoon chili powder
- 1/2 teaspoon of salt
- 1 teaspoon paprika (sweet or smoked)
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne pepper (adjust to heat preference)
- 1/8 teaspoon black pepper

#### Swaps and Notes:

**Pork Sausage:** Andouille sausage is traditional for its spice and smoky flavor. Kielbasa or another smoked sausage can be used. Adjust spice levels if your sausage is already very spicy.

**Cabbage:** Green cabbage is traditional here, adding a wonderful sweetness and texture.

**Brown Basmati Rice:** Brown rice provides a nutty flavor and chewy texture. White rice can be used for a quicker cooking time (reduce liquid and cooking time accordingly, usually by half).

**Vegetables:** The "holy trinity" of onion, bell pepper, and celery is essential for Cajun flavors. You can add other vegetables like corn or okra (if you enjoy it, like in my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#)).

**Spices:** The spice blend creates that classic Cajun flavor. Adjust cayenne pepper to your desired level of heat. Smoked paprika would add even more depth.

**Broth:** Chicken broth provides a good base. Vegetable or beef broth could also work.

**Diced Tomatoes:** Undrained diced tomatoes add liquid and a nice tang.

## DIRECTIONS

1. This one-pot : Cajun Cabbage Jambalaya is simple to prepare and simmers beautifully on the stovetop.
2. Cook : Sausage & Aromatics: In a large saucepan or Dutch oven, cook the sliced spicy pork sausage over medium-high heat until it begins to brown. Add the chopped onion and minced garlic to the pan with the sausage. Cook, stirring occasionally, until the onion is softened and the sausage is fully browned.
3. Add : Bell Pepper & Celery: Stir in the chopped green bell pepper and chopped celery. Cook and stir for 3 more minutes until they begin to soften.
4. Add : Remaining Ingredients: Add all of the rest of the ingredients to the saucepan: the roughly chopped green cabbage, undrained can of diced tomatoes, chicken broth, water, uncooked brown basmati rice, chili powder, salt, paprika, cumin, cayenne pepper, and black pepper. Stir everything together well to combine.
5. Bring to a : Boil & Simmer: Bring the mixture to a boil over high heat, stirring occasionally. Once boiling, reduce the heat to low, cover the saucepan tightly with a lid, and let it cook. Stir occasionally (every 15-20 minutes) to prevent sticking and ensure even cooking.
6. Cook : Until Rice is Tender: Continue to cook for approximately 50 minutes, or until the brown rice is tender and has absorbed most of the liquid. If the rice is still firm but the liquid has evaporated, add a small splash more water or broth and continue to cook, covered, for a few more minutes.
7. Rest & : Serve: Once the rice is tender, remove the saucepan from the heat and let it rest, covered, for 5-10 minutes. This allows the flavors to meld further and the rice to steam perfectly. Fluff with a fork.

Enjoy your hearty Cajun Cabbage Jambalaya!

## SWAPS & NOTES

, along with the hearty rice, makes it incredibly satisfying and truly comforting.

It's a fantastic way to bring a taste of Louisiana home, even on your busiest evenings!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/cajun-cabbage-jambalaya-hearty-one-pot-meal/>

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