

# BLACK EYED JAMBALAYA

BY: CAJUN KEN  
CAJUN IN THE CITY



Serves: 4-6      Prep Time: 30 min      Cook time: 45 min

## INGREDIENTS:

2 cups of dried or fresh black eyed peas **(16 oz bag of dried)**  
4 cups of low sodium chicken broth  
2 cups of red-green-yellow bell pepper chopped  
2 cups or 16 oz of Cajun Sausage, sliced into 1 1/2 inch rounds **(May use spicy Kielbasa for substitute)**  
1/2 lb of thick cut bacon  
1 tbsp of salt  
3 tbsp of Cajun seasoning  
6 sprigs of saffron  
1 tbsp of Gumbo File  
1 bay leaf  
1 medium white onion quartered and halved into eight pieces  
1 cup of chopped scallions  
3 tbsp of powered garlic or 4 cloves peeled and crushed  
2 cups of grape tomatoes  
1 cup of jalapeño peppers sliced thin  
2 cups of long grain rice



## DIRECTIONS:

1. Soak dried peas in a bowl of water for 1 hour or until somewhat tender. (Fresh peas do not need soaking.) Drain peas and put in pot and pour in chicken broth.
2. Add your sausage, bell peppers, bacon, onion, garlic, salt, Cajun seasoning, saffron, and Gumbo File to make a Jambalaya mixture.
3. Add your rice in a separate pot with water and cook until tender and fluffy .
4. Bring Jambalaya mixture to a soft boil for 5 min and reduce heat to a medium simmer for 35 min or until peas are fully soft. Lightly stir with a wooden spoon to prevent sticking or burning every 5 min or so. Cook down liquid if too much water remains. Remove bay leaf.
5. Slice grape tomatoes and jalapeños and set aside for later. Once rice is cooked and fluffy, take about a 1/2 cup and make into a ball or press rice into a 1/2 cup measure and place in center of plate or shallow bowl . Spoon Jambalaya around the rice.
6. Garnish with jalapenos and sliced grape tomatoes.
7. Add extra Cajun seasoning for taste or with your favorite hot sauce. Serve with fresh bread.

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[info@cajuninthecity.org](mailto:info@cajuninthecity.org)