



## Easy Jambalaya with Beef

Recipe adapted from Laura's Lean Beef. For more information, visit [laurasleanbeef.com](http://laurasleanbeef.com).

### Ingredients

1 lb Laura's 92% Lean Ground Beef (or 96% Lean Ground Round)  
1/2 lb turkey sausage (sliced)  
1 small onion (chopped)  
1 cup chopped celery  
2 cloves garlic (minced)  
1/2 cup chopped green pepper  
2 cans (14 1/2 ounce) low-salt beef broth  
1 can (14 1/2 ounce) Cajun-style stewed tomatoes (undrained and chopped)  
1/2 cup chopped fresh parsley  
5 1/2 teaspoons Creole seasoning  
1/2 teaspoons ground red pepper  
2 cups uncooked long-grain rice  
Hot sauce and parsley sprigs (optional, to taste)

### Instructions

Set EGG for direct cooking (no convEGGtor) at 500°F/260°C.

Cook first 6 ingredients in Dutch oven 5 minutes or until beef is browned and vegetables are tender; drain.

Stir in broth and next 4 ingredients; bring to a boil. Stir in rice.

Cover, reduce heat to about 350°F/177°C and simmer 25 minutes or until rice is tender.

Top with hot sauce and parsley sprigs, if desired.