

Crock-Pot Jambalaya

6 net carbs per serving

2	cups	kielbasa sausage, cooked and chopped	1/2 tsp	Tabasco sauce
			1 Tbsp	cumin
1	cup	celery, chopped	1/2 tsp	salt
1	cup	green bell peppers, chopped	1/4 tsp	pepper
			1 lb	peeled and deveined shrimp
1	cup	onion		
28 oz	can	diced tomatoes	2 cups	cauliflower
2	cloves	minced garlic		



- 1 Place all ingredients except the shrimp and cauliflower in the Crock-Pot and mix well.
- 2 Cook on low for about 6 hours.
- 3 About 30 minutes before serving, grate the cauliflower into small rice-like pieces. Add cauliflower and shrimp to the mixture.
- 4 Enjoy! Should be plenty left over for tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours