

# Freezer Meal :: Jambalaya

## Freezer Meal Assembly

Combine in a gallon freezer bag:

half the browned chicken and sausage mixture  
1 bell pepper, chopped  
1 onion, diced  
1 14.5oz can diced tomatoes  
1 C chicken broth  
1 Tbsp Tony's Creole seasoning

In a sandwich zipper bag, bag 2 C frozen shrimp. In a second sandwich zipper bag, bag 1 C uncooked rice.

With the gallon zipper bag sitting upright, place the bags of shrimp and rice on top of the jambalaya mixture. Seal the bag and freeze upright. (You will need to cook the shrimp before you cook the jambalaya so it is bagged separately).

Repeat for second dinner.

## Cooking Directions

Remove jambalaya freezer meal from the freezer and let thaw. (The time it takes the Instant Pot to come to pressure will depend on how thawed it is).

Turn the IP on to Sauté and melt 1 tablespoon of butter in the pot. Add the shrimp and cook until the shrimp is pink and cooked through, about five minutes. Remove the shrimp from the IP to a clean bowl and set aside. Dump in the jambalaya mixture into the now-empty pot and stir in the rice. If your mixture is still frozen, you can cook it on saute for a few minutes to release some of the liquid before covering and cooking it. Cook on high pressure for 25 minutes. Let the pressure naturally release for 10 minutes, then manually release the remaining pressure. Stir in the shrimp and serve immediately.

## Extra ingredients needed for meal

none

