

JAMBALAYA

Makes 6 servings

2 cloves of garlic, chopped fine
1 tablespoon margarine or butter
1 (14 ½ ounce) can stewed tomatoes, undrained and coarsely chopped
1 ½ cups cubed cooked ham
1 (13 ¾ ounce) can reduced sodium Chicken Broth
1 cup uncooked rice (not instant rice)
½ teaspoon dried Thyme leaves
12 -16 ounces shrimp, cooked, shelled, and deveined

(I like to cut the tails off before preparing this recipe. Either thaw the shrimp in the refrigerator and rinse it before using or thaw it under running water as directed on package.)

In a large skillet (with a lid), over medium-high heat, melt margarine and cook garlic in it for 1 to 2 minutes. Add remaining ingredients **except shrimp**. Heat mixture to a boil. Reduce heat. Cover and simmer for 25 minutes. You can stir it a couple of times to make sure it isn't sticking.

Add shrimp. Cook, covered, for 5 to 10 minutes or until liquid is absorbed.

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