The word “jambalaya” is thought to come from jambon, the French word for ham. It's a given, then, that ham is one of the primary ingredients of jambalaya; however, you don't need much when you use smoked ham and chop it finely to distribute its distinct flavor throughout the dish.

Ingredients

14.5 oz. canned, no-salt-added tomatoes
1 cup water (if cooking on low or 1 1/2 cups water if cooking on high)
1/2 cup finely chopped onion
1 medium rib of celery
1 small green bell pepper
2 oz. low-sodium, low-fat smoked ham
2 tsp. dried parsley
2 tsp. dried oregano
2 medium garlic cloves
1/2 tsp. dried thyme
1/8 to 1/4 tsp. cayenne
1 medium dried bay leaf
8 oz. raw medium shrimp (thawed if frozen)
1 cup frozen, cut okra
1 cup uncooked, instant brown rice
1/4 cup snipped, fresh parsley
Directions

1. In a 3- to 4 1/2-quart round or oval slow cooker, stir together the tomatoes with liquid, water, onion, celery, bell pepper, ham, parsley, oregano, garlic, thyme, cayenne, and bay leaf. Cook, covered, on low for 5 to 6 hours or on high for 2 1/2 to 3 hours, or until the vegetables are tender.

2. If using the low setting, change it to high. Quickly stir in the shrimp, okra, and rice and re-cover the slow cooker. Cook for 30 minutes, or until the rice is tender. Discard the bay leaf. Serve the jambalaya sprinkled with the parsley.

Additional Tips