

Instant Pot Jambalaya

Printable grocery list - Serves 6

- ☐ Rotel fire roasted diced tomatoes (10 oz can)
- ☐ Fat-free beef broth (14.5 oz can)
- ☐ Tomato paste (6 oz can)
- ☐ Red bell peppers (2)
- ☐ Celery ribs (2)
- ☐ Garlic
- ☐ Onion
- ☐ Dried parsley
- ☐ Dried basil
- ☐ Dried oregano
- ☐ Salt
- ☐ Cayenne pepper
- ☐ Tabasco sauce
- ☐ Boneless skinless chicken breasts (1 lb)
- ☐ Large peeled shrimp (1 lb)
- ☐ Smoked turkey sausage (8 oz)
- ☐ Cauliflower rice (optional, for serving)