

## Chicken and Sausage "Jambalaya"

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3 Small white onions (diced finely or as desired)

3 Green bell peppers (or 4 pack = 2 green, 1 red, 1 yellow)  
(diced finely or as desired)

1 Red bell pepper (if not 4 pack) (diced finely or as desired)

4-6 Stocks of celery (diced finely or as desired)

3 Cloves of garlic (pressed in a garlic press)

4-6 Scallions (green onions, diced)

1 Small handful of parsley (finely diced)

1 Tyson fully cooked chicken (found in the meat dept)

1 Large can of chicken broth (about 5 cups)

1 Small can of beef broth (about 1 cup)

1 cup of water

// Pick your favorite sausages (2-3lbs)

1 Hillshire Farms polish kielbasa (sliced nickel thick)

1 Hillshire Farms pork sausage (sliced nickel thick)

3 Bay leaves

1/2 Teaspoon of chili powder

1/4 Teaspoon of red pepper

1/2 Teaspoon of salt

1/2 Teaspoon of black pepper

1 Can of tomato paste (smallest can I think 3oz.?)

1 Cup of oil (Vegetable or whatever)

3/4 Cup of flour

3 Cups of white rice (uncooked)

## Cooking instructions

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First brown the sliced sausage pieces in a pan. Remove from liquid (grease) and save for later use.

Next, Dice all of the vegetables (except for the scallions and the parsley) and save for later use.

Now, add the oil and flour in a large pot and mix with a whisk. Heat and stir roué at medium heat until the color changes from light brown to a slightly darker brown (about 10 minutes). Then add the diced veggies.

Now, add 1/2 the small can of tomato paste and let the mixture cook for a few minutes. Add the large can of chicken broth and the small can of beef broth. Add the cup of water. Add the precooked sausage. Add the spices (red pepper, chili pepper, salt, pepper, bay leaves, and garlic). Let cook for about 5 minutes. Now add the uncooked white rice. Turn heat down to medium. Cover, and let simmer for about 1 hour.

Remove from heat, add the diced scallions and finely diced parsley. Break the chicken into pieces (no bones, skin etc.) and add.

Let cool 20-30 minutes.