

Jambalella

(A chicken, sausage and shrimp dish)

In a large zipper bag, mix together $\frac{1}{2}$ c. flour, 1 tsp. salt, $\frac{1}{4}$ tsp. cayenne pepper, and 1 tsp. garlic powder.

Dredge 4-6 chicken thighs, (or any parts you would like) in the flour and begin browning in olive oil in a heavy skillet.

Meanwhile, chop 1 small onion and 1 bell pepper (any color) and 1 small zucchini. When the chicken is brown on both sides, move them to one side and add the chopped vegetables to the pan juices and begin to sauté. Occasionally, move the chicken around as you stir the vegetables.

Now, while this is happening, slice up the smoked sausage. Add the sausage to the pan and begin heating.

Next, chop up a large tomato. Add the tomato to the mix and then immediately sprinkle in $\frac{1}{4}$ tsp. oregano, 1 T. Knorr Tomato bouillon, $\frac{2}{3}$ c. rice, 1 $\frac{1}{3}$ c. water. Stir together and arrange the chicken pieces on top of everything. Put the lid on the skillet and let it cook for about 20 min. During the last 10 min. add about two cups of medium cleaned and shelled raw shrimp. Continue to cook until the shrimp is pink and the rice is cooked.

(I used already cooked shrimp. If you do this, you must put it in a little later or it will get too chewy.)

