



Cynthia's Jambalaya

Recipe compliments of Cynthia Stastny,
Resident of Berkeley Walk Subdivision

Melt one stick of butter/margarine and add the following chopped items:

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| 1 1/2 bunches green onion | 1 onion |
| 1 bell pepper | 3 stalks of celery |
| 2-3 cloves of garlic | 2 Tbsp. parsley |

Saute for about 5 minutes, or until tender, and add:

- 1 to 1 1/2 lbs. sausage, sliced (for the health conscious, try turkey sausage)
- 6 chicken breast halves, cut up
- 3/4 - 1 lb. shrimp, peeled and deveined (optional)

Saute about 5 minutes or until chicken is almost cooked, then add:

- 2-3 cans (15 oz.) tomatoes, chopped with liquid or 3-4 cans Rotel
- 1 tsp. thyme
- 1/8 to 1/2 tsp. cayenne red pepper
- 1/2 tsp. black pepper
- several big dashes of Tabasco

Simmer for 20-30 minutes, stirring occasionally. While above is simmering, cook 2 cups of rice and add to the mixture. Mix thoroughly. Cook for 5-10 minutes over low heat. Remove from heat and let sit for about 30 minutes so that the rice soaks up the flavor. Enjoy!



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(770) 447-5558