

WWW.TAKE-IT-OUTSIDE.ORG

February's Tasty Recipe List

The theme for February is Snow Fun. The following recipe is provided for you to make early in the morning in your slow cooker. All day you can play while your meal is cooking. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Jambalaya

1 pound boneless skinless chicken breasts, cut into 1-inch cubes
½ pound andouille sausage, diced
1 (28-ounce) can diced tomatoes
1 medium onion, chopped
1 green bell pepper, seeded and chopped
1 stalk celery, chopped
1 cup reduced-sodium chicken broth
2 teaspoons dried oregano
2 teaspoons Cajun or Creole seasoning
1 teaspoon hot sauce
2 bay leaves
½ teaspoon dried thyme (*I prefer and often use fresh thyme instead*)
1 bunch (*usually 5 stalks*) of green onions, chopped
1 cup fresh flat-leaf parsley, chopped
1 pound frozen peeled and cooked shrimp, thawed
2 cups cooked rice

In a slow cooker, combine chicken, sausage, tomatoes, onion, green pepper, celery, and chicken broth. Stir in oregano, Cajun seasoning, hot sauce, bay leaves, and thyme.

Cover, and cook on LOW for 7 hours or on HIGH for 3 hours. Stir in the green onions, parsley and thawed shrimp, cover and cook until the shrimp is heated through, about 5 minutes. Discard bay leaves and spoon mixture over cooked rice.