

Andouille Sausage & Chicken Jambalaya

with Barley & Bell Pepper

We're celebrating Mardi Gras right with our take on hearty, vibrant jambalaya. The dish originated in New Orleans (then part of Spanish Louisiana) as a local version of paella, with tomatoes substituted for saffron. Over the years, French influence brought about further changes, resulting in the unique stew we know today. We're combining two kinds of chicken (including Andouille-style loose sausage, a traditional Creole blend), aromatic vegetables and regional spices for a meal that's bound to leave you jazzed.



Ingredients

- 10 Ounces Chopped Chicken Thighs
- 8 Ounces Andouille-Style Chicken Sausage
- 2 Cups Pearled Barley
- 1 15-Ounce Can Diced Tomatoes
- 3 Cloves Garlic
- 3 Scallions
- 2 Stalks Celery
- 1 Green Bell Pepper
- 1 Yellow Onion

Knick Knacks

- 1 Mini Bottle Tabasco Hot Sauce
- 2 Tablespoons Cajun Spice Blend
(Smoked Paprika, Ground Yellow Mustard, Dried Onion Powder, Garlic Powder, Dried Oregano, Dried Thyme & Cayenne Pepper)

Makes 4 Servings

About 615 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Remove and discard the stem, ribs and seeds of the bell pepper; small dice the bell pepper. Small dice the celery. Peel and small dice the onion. Coat the chicken thighs in $\frac{1}{3}$ of the **spice blend**; season with salt and pepper.

2



Brown the sausage:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sausage** and cook, stirring occasionally and breaking the meat apart with a spoon, 2 to 4 minutes, or until browned. Transfer to a large bowl, leaving any browned bits (or fond) in the pan. Set aside.

3



Brown the chicken thighs:

Add 1 tablespoon of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **seasoned chicken thighs**; cook, stirring occasionally, 3 to 4 minutes, or until browned. Add $\frac{1}{4}$ **cup of water** and cook, scraping up any fond from the bottom of the pan with a spoon, 20 to 30 seconds, or until the water has evaporated. Transfer to the bowl of browned sausage, without wiping out the pan.

4



Start the jambalaya:

In the same pan used to brown the chicken thighs, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, white bottoms of the scallions, celery, bell pepper, onion** and **as much of the remaining spice blend as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the vegetables have softened.

5



Finish the jambalaya:

To the pan of vegetables, add the **barley, diced tomatoes, browned sausage and chicken thighs** and **6 cups of water**; season with salt and pepper. Bring to a simmer and cook 23 to 26 minutes, or until the barley is tender and the sausage and chicken thighs are cooked through. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Transfer the **finished jambalaya** to a serving dish. Garnish with the **green tops of the scallions** and serve with the **Tabasco hot sauce** on the side. (Only use as much Tabasco as you'd like, depending on how spicy you'd like the dish to be.) Enjoy!