

# Forgotten Jumbalaya

## Ingredients

- 14.5 oz diced tomatoes, undrained
- 14.5 oz beef or chicken broth
- 6 ounces tomato paste
- 3 celery ribs, chopped
- 2 medium green peppers, chopped
- 1 medium onion, chopped
- 5 garlic cloves, minced
- 3 tsp dried parsley flakes
- 2 tsp dried basil
- 1.5 teaspoons dried oregano
- 1-1/4 teaspoons salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon hot pepper sauce
- 1 lb boneless skinless chicken breasts, cut into 1-inch cubes
- 1 lb smoked sausage, halved and cut into 1/4-inch slices
- 1/2 lb uncooked medium shrimp, peeled and deveined
- Hot cooked rice



## Instructions

- In a 5-qt. slow cooker, combine the tomatoes, broth and tomato paste. Stir in the celery, green peppers, onion, garlic, seasonings and pepper sauce. Stir in chicken and sausage.
- Cover and cook on low for 4-6 hours or until chicken is no longer pink. Stir in shrimp. Cover and cook 15-30 minutes longer or until shrimp turn pink. Serve with rice.
- Freeze option: Place individual portions of cooled stew in freezer containers and freeze. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary.