

# CHICKEN JAMBALAYA

- 1 T olive oil
- 4 boneless, skinless chicken thighs, cut into 2-inch pieces
- 1 andouille sausage, sliced 1/2" thick
- 1 onion, chopped
- 1 red bell pepper, chopped
- 2 garlic cloves, minced
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 1 tsp dried oregano
- 1 c brown rice
- 2 c low sodium chicken or vegetable broth
- 1/2 c canned black beans, rinsed

Heat oil in a large, deep skillet. Brown chicken, about 5–6 minutes, stirring often. Transfer to a plate. Add the sausage and cook until browned, about 2 minutes. Transfer to dish with chicken. Add onion, pepper and garlic to the skillet and cook about 6 minutes. Add seasonings and heat 30 seconds.

Add rice and cook, stirring until browned, about 2 minutes. Add broth, chicken, sausage and bring to boil. Reduce heat and cover, cooking on low until rice is tender, about 15 minutes. Let rest 5 minutes then fluff with a fork.

**ADD EVEN MORE NUTRITION TO THIS DISH BY WILTING IN SPINACH OR KALE AT THE END. OR, MAKE IT MEATLESS AND USE RED BEANS AND CHOPPED WALNUTS IN PLACE OF MEAT.**

