



SLOW COOKER CHICKEN JAMBALAYA

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ONE BATCH SERVES 8.

INGREDIENTS	X1	X2	X3	X4
Boneless, skinless chicken breasts or thighs, cut into 1" cubes	1 1/2 lbs	3 lbs	4 1/2 lbs	6 lbs
Gluten & dairy free kielbasa or smoked sausage, sliced (preferably nitrate free)	14 oz.	28 oz.	42 oz.	56 oz.
Fire roasted diced tomatoes	28 oz.	56 oz.	84 oz.	112 oz.
Onions, diced	2 medium	4 medium	6 medium	8 medium
Green bell peppers, seeded and diced	2 medium	4 medium	6 medium	8 medium
Stalks celery, diced	2	4	6	8
Gluten free chicken broth	1 cup	2 cup	3 cup	4 cup
Garlic cloves, minced	3	6	9	12
Dried oregano	4 t	2 T plus 2 t	3 T	5 T plus 1 t
Dried thyme	1 t	2 t	1 T	4 t
Paprika	3/4 t	1 1/2 t	2 1/4 t	1 T
Salt	1/2 t	1 t	1 1/2 t	2 t
Garlic powder	1/2 t	1 t	1 1/2 t	2 t
Chili pepper flakes	1/2 to 1 t	1 to 2 t	1 1/2 t to 1 T	2 t to 4 t
Onion powder	1/4 t	1/2 t	3/4 t	1 t
Black pepper	1/4 t	1/2 t	3/4 t	1 t
Bay leaves	3/4 t	6	9	12

In a slow cooker combine all ingredients and mix. Cover. Cook on low for 7 hours or on high for 3½ hours. Discard bay leaves before serving over cooked rice.

Optional: You can stir in 1 pound of frozen, peeled and cooked shrimp that have been thawed about 15 minutes before the end of cooking time. Serve when shrimp is heated through.

To freeze: Place all ingredients into a gallon sized freezer bag. Mix ingredients, remove as much air as possible, seal, label and freeze.

To serve: Thaw. Pour ingredients into a slow cooker. Cover. Cook on low for 7 hours or on high for 3½ hours. Discard bay leaves before serving over cooked rice.