

ONE-POT JUMBALAYA

INGREDIENTS:

- 1 Onion, diced
- 2 Bell Peppers, diced
- 2 Chicken Breasts, cubed
- 3 Cloves Garlic, minced
- 2 Cups Greens, chopped
- 1 Cup Brown Rice
- 2 Cups Chicken Stock
- 1 Can Okra & Tomatoes
- 1 1/2 TBSP Cajun Spice Blend, or other spices, as desired

METHOD:

1. In a soup pot, with a fitted lid, add the oil and heat over medium heat.
2. Add the onion, peppers, and chicken breasts. Saute until the chicken is nicely browned. Season lightly with salt and pepper. (note: the chicken does not have to be cooked through at this point)
3. Add the garlic and greens. Stirring constantly, cook just until the greens start to wilt.
4. Add the rice, stock, and can of okra & tomatoes, along with the juices from the can. Stir in the Cajun spices. Stir well.
5. Place the lid on top and reduce to a simmer. Simmer until the rice is tender and the chicken is cooked through.



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