



Quick Jambalaya

A southern favourite made fast and tasty. Serves 4.

Ingredients:

- 1 tbsp (15 ml) vegetable oil
- ½ lb (250 g) chicken breast, julienne
- ½ lb (250 g) Freybe Mexican Turkey Chicken Sausage sliced into coins
- 2 cloves garlic, minced
- 1-10 oz (297 ml) can condensed French onion soup
- 1/3 cup (80 ml) picante sauce or spicy salsa
- 1 cup (250 ml) instant white rice
- ½ lb (250 g) cooked shrimp or prawns
- ½ cup (250 ml) frozen green peas

To prepare:

1. Heat oil in large skillet. Add chicken, sausage and garlic.
2. Sauté until brown, drain fat. Stir in soup and sauce. Heat to a boil.
3. Finally, stir in rice, shrimp and peas. Cover skillet and simmer for 5 minutes or until heated through.