

JAMBALAYA

Ingredients

1/4 cup butter	1/8 tsp cayenne pepper
2 onions, chopped	1/4 tsp cumin
2 garlic cloves, crushed	1/4 tsp paprika
5 celery stalks, chopped	1 1/4 cups long grain rice
1 red bell pepper, cored, seeded, and chopped	1 14-oz can tomatoes, drained and chopped
1 green bell pepper, cored, seeded, and chopped	3 cups assorted cooked meats (chicken, duck, ham, sausage)
1/2 tsp salt	1 cup vegetable stock or white wine
1/4 tsp garlic powder	
1/4 tsp pepper	

Directions

1. Melt butter in a large heavy-based saucepan. Add the onions, garlic, celery, bell peppers, and spices and mix well.
2. Add the rice and stir well to coat the grains in the butter mixture.
3. Add the tomatoes, diced meat, and stock or wine. May add additional 1 tsp salt. Bring to a boil, stirring well.
4. Reduce the heat, cover, and simmer for about 15 minutes, or until the rice has absorbed all the liquid. If the mixture seems a little dry, add boiling water, 1 Tbsp. at a time toward the end of the cooking time.
5. Serve on warm plates, garnished with fresh parsley.

**The word “jamba” is from the Swahili for celebrate. Jambalaya dates from the 18th century in New Orleans, where it was served as slave food.