Jambalaya

¼ cup olive oil

1 large sweet onion, diced

1 red bell pepper, diced

1 tsp of salt

½ tsp of cayenne

6 cloves of garlic, pealed and diced

1 lbs. of Andouille sausage (the chicken Andouille works great here)

1.5 lbs. of chicken thighs

.5 lbs. of chicken breast (one breast)

3 bay leaves

2 cups of rice

1 cup of chicken stock

3 cups of water

1 batch of green onions, chopped

1. Grill chicken and sausage. Cut into spoon-size bites
2. Heat oil in a large pot. Add sweet onion & bell pepper, salt and cayenne. Cook until caramelizing starts (about 20 minutes), stirring often. Add garlic after 15 minutes of cooking. (If you add the garlic too early, it will burn.)
3. Add Chicken and sausage, stir well.
4. Add rice, stir well.
5. Add chicken stock, water, and bay leaves, and stir well.
6. Cover and cook for 20 minutes.
7. Stir to combine, add green onions, and stir again.

Makes enough for six meals at 10-12 ounces each. Freezes beautifully.