

CHICKEN JAMBALAYA

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| 1/3 cup chopped celery | 1 teaspoon dried basil or thyme, crushed |
| 1/4 cup chopped onion | 1/4 teaspoon garlic powder |
| 1/4 cup chopped green sweet pepper | 1/4 teaspoon pepper |
| 2 tablespoons margarine or butter | 1/4 to 1/2 teaspoon bottled hot pepper sauce |
| 1 (14.5 ounce) can tomatoes, cut up | 1 bay leaf |
| 1 1/2 cups chicken broth | 2 cups cubed cooked chicken or turkey |
| 2/3 cup long grain rice | |

In a large skillet cook celery, onion, and sweet pepper in margarine or butter until vegetables are tender but not brown.

Stir in undrained tomatoes, chicken broth, uncooked rice, basil or thyme, garlic powder, pepper, hot pepper sauce, and bay leaf. Bring to boiling; reduce heat. Cover and simmer about 20 minutes or until rice is tender. Stir in chicken or turkey; heat through. Discard bay leaf.

Yield: 4 servings. Each serving contains approximately 354 calories.

Kaitlyn McCoy

Panola County

Junior - Main Dish