

Jambalaya

The night before the activity, precook the 2 boneless chicken breasts and 8 oz. of kielbasa sausage. (You could also buy roasted chicken breasts at the grocery.)

Start participants on the chicken and sausage. Three individuals can be cutting the meats into small bites. These need to be sautéed a bit in 2 t. olive oil.

Other participants can be dicing 1 onion

1 green bell pepper

½ cup celery

When these vegetables are ready, add them to the meat skillet along with 2 T. chopped garlic

¼ t. cayenne pepper

½ t. onion powder

Salt and pepper to taste. Cook five minutes.

Add 2 cups uncooked rice

4 cups chicken broth

3 bay leaves. Bring to a boil, Reduce heat, cover, simmer

For 20 minutes. Stir in 2 t. worchestershire sauce and 1 t.

Tabasco. Serve with crusty bread.