

## Jambalaya:

1 lb. Italian sausage  
1 large onion, chopped  
1 red pepper  
1 green pepper  
1 stalk celery sliced small  
2 cloves garlic, minced, or 1 tsp. garlic powder  
1 generous tsp. Mrs. Dash table blend  
1 tsp. basil  
1 (28 ounce) can whole tomatoes  
2 beef boullion cubes  
2 cups water  
1 cup uncooked long-grain white rice  
1 pound fresh or frozen raw shrimp, shelled and deveined  
generous shake of Worchestershire sauce

To make: Brown sausage. Peel of casings before cooking, this way the flavor of the sausage blends throughout the stew and really enhances the flavor.

Remove sausage temporarily, Don't drain sausage fat--instead use it to brown peppers and onion for about 5 minutes on medium heat.

Add sausage back into pot, add tomatoes, water, everything but shrimp. Simmer covered for about 30 minutes [until rice is fluffy] then toss in shrimp and tbs of dried parsley. Cook uncovered for 10 minutes until shrimp is done [the clear parts turn bright white] stirring occasionally.

Feeds 4-6, prep and cook time total less than 1 hour.