

Jambalaya  
(Mike M.)

2 medium onions, chopped  
2-3 pods of garlic, pressed  
1/3 c. parsley  
1/3 c. green onions  
1 chicken bouillon cube or a cup of chicken stock  
1 tsp thyme  
1/4 - 1/2 tsp cayenne pepper, depending on how much heat you want.  
1 diced tomato or 1 can diced tomatoes  
Chicken cut into cubes or chunks. I use 2 breasts.  
Up to a pound of andouille or other sausage.  
2 tsp. vegetable oil  
1 1/2 c. rice  
3 c. water  
Salt and pepper to taste

In a cast-iron pot:

- Brown the chicken over medium-high heat in the vegetable oil. Hotter oil spatters more, but gives the chicken a nice crispy finish. Set aside the cooked chicken.
- Brown the sausage
- Add onions to sausage and cook until onions are clear.
- Add garlic, sauté for a minute, then add parsley. Cook until parsley is limp.
- Add water, thyme, tomatoes, salt and pepper, and cayenne, and add chicken back in.
- Bring to boil. (This much can be done in advance and stored overnight. If you stopped here, bring mixture back to a boil before continuing.)
- Add rice, stir a couple of times, reduce heat to low, and cover with a tight-fitting lid.
- Cook about 1/2 an hour. Check occasionally, and lift mixture from bottom of pot if it seems to be sticking. You may need to add a little water, but that's probably not necessary.