



# stewed chicken & sausage



- ❖ Season the chicken with the Cajun spice, salt, and pepper to taste.
- ❖ Toss the chicken with  $\frac{1}{4}$  cup of the flour to coat evenly.
- ❖ Heat the oil in a large covered pot. Add the chicken and sausage and cook until done. Add the remaining  $\frac{1}{4}$  cup flour and cook, stirring constantly, for 2 to 3 minutes.
- ❖ Add the onions, celery, bell peppers, and stir. Cook for 5 to 6 minutes, or until vegetables are soft. Add the bay leaves and garlic and cook for 5 to 6 minutes, stirring occasionally to prevent sticking.
- ❖ Add the broth, salt and Cajun spice to taste, and bring to a boil. Reduce heat to medium low and cook, uncovered, for 1 hour.
- ❖ Remove bay leaves. Add the parsley and green onions and serve in deep bowls with steamed rice and French bread.

## Ingredients

*Serves 4-6*

- 1 pound hot Italian sausage cut into  $\frac{1}{2}$  inch slices
- 2  $\frac{1}{2}$  pounds boneless chicken, cut into pieces
- Cajun spice
- Salt
- Pepper
- $\frac{1}{2}$  cup flour
- $\frac{1}{4}$  cup olive oil
- 2 cups chopped onions
- 1 cup chopped celery
- $\frac{1}{2}$  cup chopped bell peppers
- 4 bay leaves
- 1 tablespoon minced garlic
- 6 cups chicken broth
- $\frac{1}{4}$  cup chopped parsley
- $\frac{1}{4}$  cup chopped green onions
- Rice
- French bread

