



Quick and Hearty Cajun Stew

I feel like this is more jambalaya than stew, but I also felt I couldn't technically call it that. Who cares, it's delish.

Cooking time: 30 minutes

Serves: 6-8

Equipment:

- Dutch oven or soup pot

What you need:

1 pound ground mild Italian sausage
1 small white onion, diced
1 package sliced cremini mushrooms
2 cloves of garlic, minced or run through a garlic press
2 cans light red kidney beans (not drained)
1 can fire roasted tomatoes
1 can chicken broth
3 bay leaves
2 tsp Cajun seasoning
1 tsp curry powder
1 tsp smoked paprika
1 tsp paprika
1 tsp dried thyme
Cayenne Pepper to taste
1 cup long grain white rice
1 store bought rotisserie chicken
2 tbsp chopped fresh parsley
Olive oil, kosher salt, and fresh ground pepper

To make:

Get your Dutch oven over high heat. Once very hot, give a few turns of olive oil to coat the bottom of the pot, then add the sausage and fry until deep brown and cooked through. Once finished, remove the sausage with a slotted spoon and set aside in a bowl (leave the grease). Add the onions, mushrooms, a pinch of salt, and a few grinds of pepper. Sauté until the veggies are soft. Add the garlic and sauté for just a minute and then add the sausage back in along with the beans, tomatoes, chicken broth, and spices. Bring the mixture to a boil, stirring frequently. Once boiling, stir in the rice, reduce the heat to low, cover, and let simmer until rice has absorbed most of the liquid and is cooked through, about 20 minutes. Be sure to lift the lid and stir occasionally. If it appears to be getting too thick before

While the pot simmers, go to town on your rotisserie chicken. Remove as much meat as you like from the chicken and shred with a fork (I would use at least the two breasts). Once your rice is just about done, add the chicken and parsley, stir, let it simmer together for another minute or two, then kill the heat, fish out the bay leaves, and serve.

Tips/Variations:

- Like I always tell you, spices are a great investment, but don't feel you need to go running out to buy them just because I list them here. Leave them out or improvise.
- Though I like the chicken, you can definitely leave it out if you're not in the mood to deal with it
- If you really like beans and/or want to stretch the recipe even further, consider adding a third can of beans, just be sure you drain it (only the third can).