



# JUMPIN' JUMBALAYA

PREP TIME: 15 MINUTES

## ► ingredients

- **2** Tablespoons of Olive oil
- **4-8** Chicken tenders
- Kielbasa sausage
- Salt and pepper to taste
- **1** White Onion (medium dice)
- Red and green bell pepper (medium dice)
- **1-3** tbsp creole seasoning to taste
- **1 dozen** Shrimp
- **3/4** tbsp chopped garlic
- **1** 6 meal bag of Lentil Casserole, cooked

## ► recipe

- 1.** Using a large sauté pan on medium to medium-high heat put a touch of olive oil in the pan.
- 2.** Place the chicken tender cutlets directly into the pan.
- 3.** Cut the kielbasa sausage into smaller pieces. Add the kielbasa into the pan. Add salt and pepper to taste.
- 4.** Turn chicken and kielbasa once the bottom reaches a golden brown.
- 5.** Add in all of the vegetables.
- 6.** Add a tablespoon of your creole seasoning (or more depending on your preference of flavor)
- 7.** After seasoning is cooked in, take out chicken and cut into bite sized pieces. Put back into the pan.
- 8.** Move everything over to one side and add your shrimp to the open side of the pan. Add to taste more creole seasoning onto the shrimp. cook for 4 to 5 minutes.
- 9.** Once shrimp is nearly finished cooking, add in just under a tablespoon (about three-fourths) of chopped garlic.
- 10.** Give it a good toss, and let cook for another 4 to 5 minutes.
- 11.** Once the shrimp has cooked through pour everything in the pan into your cooked Feeding Children Everywhere meal. Mix and add creole seasoning to taste. Serve hot.