



Jambalaya

Ingredients; serves 4

4 ounces chicken, diced
1 tablespoon Creole seasoning, recipe follows
2 tablespoons olive oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/4 cup chopped celery
2 tablespoons chopped garlic
1/2 cup chopped tomatoes or 1 can stewed tomatoes
2 cans cooked black beans
3 bay leaves
1 teaspoon hot sauce (optional)
3 cups chicken stock
5 ounces Andouille sausage, sliced 1 teaspoon
hot sauce (optional)
12 medium shrimp, peeled, deveined and chopped
Cooked rice

Directions

In a large pot heat oil on medium heat. When oil is hot add sausage, chicken, onions, bell pepper celery, garlic & seasoning. Stir and cook for about 5 min. Then add chicken stock, black beans bay leaf, tomatoes & hot sauce. Simmer about 45 min taste to adjust seasoning. Add shrimp and cook 5 more min. Let sit at least 5 min before serving. Serve over rice. * Note; take out bay leaves before serving.

Seasoning mix:

In a small container add the spices together. Keep remainder in cupboard.

2 1/2 tablespoons paprika
2 tablespoons onion powder
1 tablespoon garlic powder
1 tablespoon black pepper
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme
1 tablespoon dry mustard
1 tablespoon cumin

Combine all ingredients thoroughly.

Yield: $\frac{3}{4}$ cup

Health Benefits of Black Beans

They Are Heart-Helpers

Beans are "heart healthy" because they contain an abundance of soluble fiber, which can lower cholesterol and triglyceride levels. If you prefer canned beans, you can ditch up to 40 percent of the sodium by rinsing them in water.

They Are Low In Fat

Most beans are about 2 to 3 percent fat, and contain no cholesterol, unless they're processed or prepared with other ingredients, such as lard. (Check labels to see what else may be in the package or can.)

They Pack Protein

The Dietary Guidelines for Americans say we should be eating more plant proteins. About $\frac{1}{2}$ cup of beans provides 7 grams of protein, the same amount as in 1 ounce of chicken, meat or fish. Vegetarians, vegans and individuals who seldom eat meat, poultry, or fish could count on beans as an alternative choice.

They Balance Blood Sugar

With a low glycemic index, beans contain a beautiful blend of complex carbohydrates and protein. Because of this, beans are digested slowly, which helps keep blood glucose stable, and may curtail fatigue and irritability.

They Cut Cancer Risk

Scientists recommend that adults consume 3 cups of beans per week to promote health and reduce the risk of chronic diseases, like cancer due to their abundance of fiber and antioxidants.

They Are Wallet-Friendly

Beans can are the least expensive source of protein, especially when compared to fresh meat.