



In your box

1 Tbsp. Cajun Seasoning
8 oz. Italian Pork Sausage Links
8 tsp. Chicken Demi-Glace
4 Green Onions
14 oz. Diced Chicken Thighs
30 oz. Crushed Tomatoes
1 Yellow Onion
2 Green Bell Peppers
6 oz. Okra
1½ cups Jasmine Rice

*Contains: milk

You will need

Salt, Pepper
Small Pot, Slow Cooker



Slow-Cooker

Chicken Thigh and Sausage Jambalaya

with okra and green onions

NUTRITION per serving—Calories: 454, Carbohydrates: 65g, Fat: 10g, Protein: 28g, Sodium: 1189mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time
HIGH HEAT
4 Hrs

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Medium

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Please read and follow all instructions in your slow cooker manual. Cook with a lid for the entire recommended cooking time; make sure to check that meal is fully cooked before eating. Use oven mitts or a towel when handling lid or pot.
- Ingredient(s) used more than once: **green onions**



Prepare the Ingredients

- Stem, seed, remove ribs, and cut **green bell peppers** into $\frac{1}{2}$ " dice.
- Halve and peel **onion**. Cut halves into $\frac{1}{4}$ " dice.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Remove stem end, trim, and cut **okra** into $\frac{1}{2}$ " slices.
- On a separate cutting board, remove **Italian sausage** from casing and break into small pieces.
- Pat **chicken thighs** dry.



Start the Meal

- In a clean slow cooker, combine **onion**, **green bell peppers**, **tomatoes**, **white portions of green onions**, **okra**, **chicken demi-glace**, **seasoning blend**, $\frac{1}{4}$ tsp. **salt**, and $\frac{1}{4}$ tsp. **pepper**. Top with **chicken thighs** and **Italian sausage**.
- Turn slow cooker on to high heat. Cover, and cook until sausage reaches a minimum internal temperature of 160 degrees and chicken reaches a minimum internal temperature of 165 degrees, 4 hours.



Make the Rice

- After 3 $\frac{1}{2}$ hours, bring a small pot with **rice**, $1\frac{1}{2}$ cups **water**, and $\frac{1}{4}$ tsp. **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner.



Finish the Dish

- Stir **rice** into slow cooker.
- Plate dish as pictured on front of card, garnishing **jambalaya** with **green portions of green onions**. Bon appétit!