



Chik'n Jambalaya

- 1 can FriChik, drained and cut into pieces
(substitute Diced Chik or Chik'n Bites cut into pieces)
- 2 cups cooked brown Basmati rice or wild rice blend
- 2 tablespoons olive oil
- ½ cup celery, diced
- ½ cup green and red pepper, diced
- 1 medium onion, chopped
- 1 small eggplant, diced (optional)
- 12 ounces V8 juice
- 2 tablespoons Golden Broth Seasoning
- 2 teaspoons Veggie Chick Seasoning
- ¼ teaspoon thyme
- ¼ teaspoon paprika
- Cayenne pepper or Creole Seasoning to taste (optional)

Directions: Sauté vegetables in olive oil until tender. Add the FriChik. Stir in the V8 juice and seasonings. Add the cooked rice and mix well.

Submitted by Elizabeth V. of California