

CHICKEN & SAUSAGE JAMBALAYA

9 chicken thighs
1 pound of smoked sausage, cut into pieces
3 medium onions, chopped
4 ribs of celery, chopped
2 bell peppers, chopped
5 cloves of garlic, chopped
Olive oil
1 (28-ounce) can of tomatoes
1 (6-ounce) can of tomato paste
Cayenne pepper
Chili powder
Parsley flakes
Worcestershire sauce
Tabasco sauce
Salt and pepper
1 cup of uncooked rice

1. Boil chicken and sausage until tender; reserve broth.
 2. Sauté chopped onions, celery, bell peppers, and garlic in olive oil.
 3. Add chicken, sausage, tomatoes and tomato paste.
 4. Add seasoning to taste and cook 30-45 minutes on low heat.
 5. Add 2 to 2 1/2 cups of reserved broth and rice. Cover and cook until rice is tender.
- Serves about eight.
– Florence Gauthier

RED BEANS & RICE

1 pound of dried red beans
Water
1 pound of smoked pork sausage, sliced
1 onion, chopped
1/2 bell pepper, chopped
Green onion tops
1 bay leaf
1 clove of garlic, minced
Salt and pepper, to taste
2 tablespoons of Worcestershire sauce
1/4 cup of milk, optional
Hot cooked rice

1. Sort and rinse beans; cover with water and soak overnight.

2. Brown the sausage, and then remove from pot.
 3. In the sausage drippings, sauté onion, bell pepper and onion tops until tender.
 4. Return sausage to pot; add beans and enough water to cover them and bring to a boil.
 5. Add bay leaf, garlic, salt and pepper. Cook for 1 to 1 1/2 hours.
 6. Add Worcestershire sauce and continue cooking until creamy, one-half to one hour. Taste and add more salt if desired.
 7. If you prefer thicker beans, add milk. Cook until desired consistency.
 8. Serve over rice.
- Junior Lagneaux, Lagneaux's Restaurant Lafayette

EGGPLANT & BEEF CASSEROLE

1 medium eggplant, peeled and cubed
1 pound of ground meat
1/4 cup of chopped onion
1/4 cup of chopped bell pepper
1 (10.75-ounce) can of condensed cream of mushroom soup
1 egg, beaten
1/2 cup of evaporated milk
1 cup of grated sharp cheese
3/4 cup of bread stuffing mix
Topping for casserole (Recipe follows)

1. Boil eggplant in salted water; drain and mash.
2. Brown meat with onion and pepper until tender.
3. Mix remaining ingredients except Topping with meat mixture.
4. Add mashed eggplant and mix well.
5. Place in a greased casserole dish and sprinkle Topping over top.
6. Bake for 25 minutes at 350 degrees.

TOPPING

2 tablespoons of melted butter or margarine
1/2 cup of stuffing mix
1 cup of grated sharp cheese

- Mix all ingredients in a bowl and sprinkle over casserole.
– Merline Morvant