



ConAgra Foods

Ragin' Cajun Jambalaya ▲

Southern Creole cooking favors tomatoes, rice, peppers, onions and spices. ConAgra Foods takes a classic dish and creates a spicy skillet sensation in 30 minutes.

Pam No Stick Cooking Spray	1 1/2 cups uncooked long-grain rice
1 pound smoked sausage, cut in 1/2-inch slices	2 10-ounce cans Rotel* Original Diced Tomatoes with Green Chilies
1 pound boneless, skinless chicken breasts, cut in strips	3 cups Butterball* Chicken Broth
1 medium onion, diced	1 6-ounce can Hunt's Tomato Paste
2 garlic cloves, minced	

1. Coat a deep cast-iron skillet or Dutch oven with cooking spray and heat on medium-high. Add sausage, chicken, onion and garlic; cook until browned, stirring frequently.

2. Add rice; cook for 5 minutes, or until golden brown.

3. Stir in tomatoes, chicken broth and tomato paste; bring to a boil. Cover, reduce heat to low and cook for 20 minutes, or until rice is tender. Stir to blend. Makes 8 servings.

*Brands may vary by region; substitute a similar product.

ENTRÉES

Richmond New Zealand Farm-Fresh Cajun Ground Beef Kebabs ▼

1 pound ground beef	Olive oil
1 medium onion, chopped fine	1 long cucumber, peeled, chopped
1 tablespoon salt	Salt
1 tablespoon Cajun spice mix	2 garlic cloves
1/2 cup chopped parsley	3/4 pint Greek-style yogurt
1 tablespoon water	White pepper

1. Knead together ground beef, onion, salt, spice mix, parsley and water for 2-3 minutes, until the meat becomes sticky.

2. Form the meat into sausage shapes; thread on kebab sticks. Brush with oil; grill until golden brown and internal temperature is 140°F.

3. PREPARE DIPPING SAUCE: Sprinkle cucumber liberally with salt, place in a sieve and let drain for 30 minutes. In a bowl, mash garlic to a paste in 1/4 teaspoon salt. Add yogurt, cucumber and pepper to taste. Makes 4 servings.

