

## Freezer Crock Pot Jambalaya

www.RoamingRosie.com

### Ingredients:

- 14 to 16 oz. boneless, skinless chicken breast
- 8 oz. Andouille sausage
- 1 (28 oz.) can diced or petite diced tomatoes
- 1 medium to large sweet onion, diced
- 1 green bell pepper, diced
- 1 cup chicken or beef broth
- 2 garlic cloves, diced
- 2 bay leaves
- 2 teaspoons Cajun seasoning
- 1 teaspoon dried oregano

Prepare a gallon freezer baggy by writing today's date and the instructions on it. Set aside.

Cut chicken into 1-inch cubes. Cut sausage into slices or dice it.

Put chicken and sausage into a one gallon freezer baggy. Add the rest of the ingredients to bag. Seal bag, squeezing out as much air as possible. Place the bag into the freezer on a flat surface, like a baking pan, to freeze overnight. Once frozen, you can store the bags upright.

When you're ready to cook, remove baggy from freezer and run under warm water just long enough to break the contents into a few smaller pieces, about 2 minutes. Pour contents into crock pot and cook on low for 7 to 8 hours or on high for 3 hours. Discard bay leaves before serving.

Serve with rice. Serves 4.

INSTRUCTIONS FOR BAG: Jambalaya ~ Cook on high 7-8 hours / low 3 hours ~ Serve with rice ~ Date

NOTE: This recipe makes one freezer bag portion but is easily doubled or tripled, making it easy to assemble multiple meals at one time, like you see in the photos.

