

**THRIVE**

**JAMBALAYA**

- 1/4 tsp. Ground Pepper
- 1/2 tsp. Salt
- 1/2 T. Cajun Seasoning
- 1 tsp. Minced Garlic
- 1 T. Thrive Green Onions
- 2 T. Thrive Green Chili Peppers
- 1/3 c. Thrive Onion Slices
- 1/2 c. Thrive Tomato Dices
- 2/3 c. Thrive Bell Peppers (red and/or green)
- 1/2 c. Thrive Sausage
- 3/4 c. Thrive Grilled Chicken Dices
- 3/4 c. Thrive Instant Rice

Mix contents of jar with 2 3/4 cups of water in a large saucepan. Bring to a boil then reduce heat and simmer for 20 minutes or until all water has been absorbed.

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