



600 EAST SUPERIOR STREET | DULUTH, MN | 55802 | (218) 464-4534

## Slow Cooker Chicken and Sausage Creole

Serves 4 - 6

Enjoy the bold and comforting flavors of this slow cooker chicken and sausage creole — the perfect dish for a hearty and satisfying meal!

### **Ingredients:**

4 boneless, skinless chicken breasts  
2 tablespoons butter  
2 tablespoons olive oil  
1 large onion, diced  
1 red bell pepper, diced  
3 celery stalks, diced  
3 cloves garlic, minced  
1/4 cup all-purpose flour  
2 cups chicken broth  
1 pound smoked sausage (andouille or kielbasa), thinly sliced  
1 can (14 ounces) diced tomatoes  
1 can cannellini beans, rinsed and drained  
1 can (6 ounces) tomato paste

### **Creole Seasoning Mix:**

1 tablespoon smoked paprika  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
1/2 tablespoon Kosher salt  
1/2 teaspoon black pepper

### **For Serving:**

Cooked long-grain rice  
Green onions, sliced for garnish

### **Directions:**

1. In a small bowl, mix the spices together to create your own Creole seasoning. With half of the seasoning mix, rub into both sides of each chicken breast. Reserve the other half of the seasoning mix for Step 5.
2. In a large skillet, sear the seasoned chicken breasts in the butter and olive oil until just browned on both sides. The chicken doesn't need to be fully cooked in this step. Rather, searing adds fond and flavor to the final dish. The chicken will finish cooking in the slow cooker. Set the seared chicken aside on a plate until time to add to the slow cooker.
3. In the same skillet, sauté the onion, bell pepper, and celery. Sauté until the vegetables are just tender. Add the garlic and cook for another two minutes. Sprinkle the veggies with the flour and cook for another 2 minutes while stirring. Add the 2 cups of chicken broth and stir the mixture until bubbling. Add this mixture to the slow cooker.
4. In a skillet, cook the sliced sausages. Add one cup of water to the sausages and cook for 8-10 minutes, then remove any remaining water, and let the sausages brown on both sides. Add the cooked sausage to the slow cooker.
5. Add the diced tomatoes, cannellini beans, tomato paste and remaining Creole seasoning to the slow cooker. Mix well. Add the seared chicken breasts, and cover with the sauce.
6. Cover and cook on low for 6-8 hours or on high for 3-4 hours until the chicken is tender and the flavors meld.
7. Shred the cooked chicken breasts directly in the slow cooker.
8. Serve the finished Chicken and Sausage Creole over individual portions of cooked, long-grain rice.
9. Garnish with sliced green onions & enjoy!