

Chicken and Sausage Penne Jambalya

Ingredients:

- 6 oz. boneless, skinless, chicken breast, cut into small pieces
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 Tbs olive oil
- 2 links Italian sausage, cut into small pieces
- 1 small onion, chopped
- 1/2 Tbs garlic, minced
- 1, 28 oz. can diced tomatoes, undrained
- 2 cups chicken broth
- 8 to 10 oz. penne pasta, uncooked
- 1 Tbs hot sauce, optional
- 2 green onions, chopped
- fresh cilantro

TIP - I used chicken from a rotisserie chicken I had as well as fully cooked sausage. This cut the cooking time down to a minimum. I added it to the skillet after I sautéed the onions and garlic.

Season chicken with salt and pepper. Heat olive oil in a large skillet and add chicken and sausage. When it starts to brown, add onion and garlic and cook until onion is translucent. Add diced tomatoes, chicken broth, penne pasta, and hot sauce. Stir well. Cook for 15 minutes over medium heat until penne pasta is al dente (not too soft). Garnish with green onions and cilantro. Serve and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Freely adding and tasting ingredients in your dishes is
how you grow your palate." - Anonymous***