

Creole Chicken

8 chicken thighs (remove most skin)

1 green bell pepper, chopped

6 green onions, chopped

2 (10 oz) cans Rotel tomatoes

1 (6 ounce) can tomato paste

2-3 garlic cloves, minced

Dash salt

¼ teaspoon hot pepper sauce

1/2 pound Polish sausage, sliced diagonally

3 cups cooked white rice

1 In a slow cooker combine the chicken, bell pepper, onions, tomatoes, tomato paste, garlic, salt, hot pepper sauce, and sausage. Cover and cook on low for 6 to 7 hours (if thighs still mostly frozen, less if they are thawed.)

2 Turn the slow cooker control to high. Add the sausage and the cooked rice. Cover and cook on high for 15 to 20 minutes or until the sausage and rice are hot