

Slow Cooker Creole Chicken and Sausage

Amount	Measure	Ingredient - Preparation Method
1	pound	boneless skinless chicken breast
12	ounces	andouille sausage - cut into rounds
1	cup	chopped onion
2	cloves	garlic - minced
1 1/4	cups	chicken broth
14 1/2	ounces	diced tomato
3	tablespoons	tomato paste
1/2	cup	tomato sauce
2	teaspoons	creole seasoning
1/4	teaspoon	cayenne
		optional
1	tablespoon	brown sugar
14	ounces	black beans - rinsed and drained
2		red bell pepper - chopped
1/2	cup	green onion - sliced
2	tablespoons	almond butter
		salt
		brown rice

Place all non-optional ingredients in slow cooker. Cover and cook on low for 6-8 hours or high for 3 hours.

Shred chicken in crockpot. Add optional ingredients, and cover and cook for 20-30 minutes. Serve over rice and top with green onions.