

SWAMP SOUP

2 can(s) pinto beans, including liquid
2 can(s) great northern beans, including liquid
2 can(s) mixed greens, including liquid
2 can(s) turnip greens, including liquid
1 large onion, chopped
1 large green pepper, chopped
1 c celery, chopped
2 large potatoes, peeled & cubed
3 beef bouillon cubes
3 chicken bouillon cubes
1 Tbsp Worcestershire sauce
1 Tbsp hot sauce
1 lb skinless smoked sausage, cut into qtrs.
1 lb cubed ham
(I used frozen meatballs for a non-pork alternative)

Saute onion, green pepper, celery, add all the bouillon cubes together with 6 c. Hot water. Add remaining ingredients.

Simmer on medium heat for 1- 1 1/2 hours.

Slow-Cooker Chicken Gumbo

1 lb. boneless skinless chicken breasts, cut into 2 inch pieces
1 (10 ounce) package frozen okra, thawed
2 links andouille sausage, diced
1 C chopped onions
2 celery stalks, chopped
1 green bell pepper, seeded and chopped
1 tsp dried thyme
1 tsp dried oregano
½ tsp salt
2 bay leaves
½ tsp onion powder
½ tsp garlic powder
½ tsp mustard powder
¼ tsp cayenne pepper (I added a little more)
¼ tsp ground black pepper
2 C. reduced sodium chicken broth
2 C. reduce sodium tomato juice
2 C. cooked rice

In a slow cooker, combine the chicken and all remaining ingredients except the rice. Mix well to combine. Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours. Remove bay leaves and serve over rice.

Slow Cooker Jambalaya

1 lb boneless skinless chicken breasts, cut into 1 inch cubes
½ lb andouille sausage, diced
1 (28 ounce) can diced tomatoes
1 medium onion, chopped
1 green pepper, seeded and chopped
1 stalk celery, chopped
1 cup reduced sodium chicken broth
2 tsp dried oregano
2 tsp Cajun or Creole seasoning
1 tsp hot sauce (I used a bit more)
2 bay leaves
½ tsp dried thyme
1 lb frozen peeled and cooked shrimp, thawed
2 C cooked rice

In a slow cooker, combine chicken, sausage, tomatoes, onion, green pepper, celery and chicken broth. Stir in oregano, Cajun seasoning, hot sauce, bay leaves and thyme.

Cover and cook on LOW for 7 hours or on HIGH for 3 hours. Stir in the thawed shrimp, cover and cook until the shrimp is heated through, about 5 minutes. Discard bay leaves and serve over cooked rice.

Slow Cooker Red Beans and Rice

½ cup finely chopped onion
2 cloves garlic, minced
½ lb andouille sausage, cut into pieces
2 C dried red beans, soaked overnight and drained
1 quart water
Salt and freshly ground black pepper (to taste)
3 – 4 cups cooked rice

In a slow cooker, combine the onion, garlic and sausage. Stir in the beans and water and season to taste with salt and pepper. Cover and cook on low heat until the beans are tender, about 7.5 hours (or 3.5 – 4 hours on high). Remove ¼ C of beans from slow cooker, mash until smooth then stir them back into the slow cooker. Cook another 30 minutes on low or 15 minutes on high. Serve over cooked rice.

Easy King Cake

Filling:

4 ounces cream cheese
½ C brown sugar, packed
½ tsp ground cinnamon
½ C pecan halves (we sometimes omit these for the nut challenged)

Cake:

2 rolls (12 individual crescent rolls) refrigerated crescent rolls in the can

Icing:

1-1/2 C confectioners' sugar
3 – 4 T milk or cream
1 tsp pure vanilla extract
Purple, green and yellow colored sugar crystals

Place filling ingredients (except pecans) in the bowl of a food processor with a metal blade. Process until combined. Add pecan halves and pulse until pecans are chopped to about ¼ inch pieces. Set aside.

Preheat oven to 350 F. Spray a pizza pan or baking sheet with butter flavored vegetable oil.

Unroll crescent roll dough and separate into triangles. Position triangles next to each other with the points toward the center, overlapping the long sides about ¼ inch, forming a large round (there are photos on the internet at various sites). Where the pieces overlap, press the seams together only in the center of each seam (where the filling will be spread), leaving the ends of the seams unsealed so you can fold them up over the filling.

Spread the filling around in a ring covering the center sealed seam of each triangle.

Place a small plastic baby somewhere in the filling. Don't worry, it won't melt.

Fold the short side of each triangle toward the center just to the edge of the filling to cover. Then pull the point end of the triangles toward the outer rim of the pan to fully enclose the filling, tucking under the points. Lightly press the seams.

Bake 20 to 25 minutes until golden brown. Let cool to room temperature.

Whisk together the confectioners' sugar, milk or cream and vanilla until smooth. The consistency should be fairly thick, but still thin enough to slowly drip down the sides. Add more milk as necessary. Spoon the icing over the top of the King Cake and allow it to slowly drip down the sides.

To decorate for Mardi Gras, sprinkle wide stripes of purple, green and yellow colored sugar crystals.