

Boil chicken in water with cumin, salt, pepper, garlic powder and bouillon. Cool and debone chicken. Boil onion and bell pepper in the chicken broth until tender. Add the corn, black beans, tomatoes, enchilada mix and allow to cook until beans have heated through. Add the deboned chicken and cilantro and heat thoroughly. Spoon into serving bowls and top with cheese, sour cream, salsa and tortilla strips. You may adjust the spices to your personal tastes.

Melissa Ardizzone Darnielle

*N*O PEEP STEW

<i>1 lb. stew meat, boneless</i>	<i>1 (10-oz.) can Ro-Tel tomatoes</i>
<i>2 med. potatoes, peeled and cubed</i>	<i>1 (10-oz.) can Snappy Tom tomato juice (can use 10 oz. plain tomato juice if you want less pepper)</i>
<i>2 carrots, sliced</i>	
<i>1 lg. onion, chopped</i>	<i>2 T. cornstarch</i>
<i>2 cloves garlic, minced</i>	
<i>1 bay leaf</i>	

Put all ingredients in covered casserole. Cook in oven for 5 hours at 250°. Can also cook in crockpot 1 hour on high, then turn on low and cook 6-8 hours.

*Peggy Brantley Johnson
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Gumbos & Jambalaya

*G*UMBO

<i>1 lg. chicken (or leg quarters and a few breasts)</i>	<i>3 tsp. garlic (jars of chopped)</i>
<i>1 jar Savoies roux (the powder or paste), use about 3-4 T. according to how dark and rich you want the gumbo to be</i>	<i>Tony's seasoning to taste</i>
<i>2 lg. onions, chopped</i>	<i>Salt and pepper to taste</i>
<i>1 whole stalk celery, chopped</i>	<i>Tabasco to taste</i>
<i>3 bell peppers, seeds removed and chopped</i>	<i>1-2 bunches green onion, chopped with tops</i>
	<i>¼ c. chopped parsley (opt.)</i>
	<i>Sausage (any kind you like, as much as you like), sliced into bite-size pieces*</i>

In a large heavy pot, boil 1 chicken (or turkey) with enough water (add salt, pepper, Tony's) to cover with about 4 inches over meat.

(continued)