

Fat Tuesday Colorful Cajun Jambalaya + Grapefruit Party Sno-Ball Slush!



fat tuesday colorful cajun jambalaya

smash + mince + chop

Use the palm of your hand to smash **2 cloves of garlic**, then peel and mince them. Chop **1 carrot**, **1 red bell pepper**, **1 green bell pepper**, **1 yellow bell pepper**, and **1 shallot** into ½ rough 1-inch pieces. Chop **2 stalks celery** and **½ bunch fresh parsley leaves**.

melt + sauté + add + stir

Melt **2 T butter** in a large skillet (or use olive oil). Sauté all of the chopped veggies and peppers for 2-3 minutes, until soft. Stir in **1 bay leaf**, **1 T dried oregano**, **thyme (or a mix of both)**, **2 tsp cumin**, **1 tsp salt**, **1 tsp onion powder**, and **1 tsp garlic powder**. Add **1 C instant rice** and **2 C water** and stir again. Bring to a boil, reduce heat to simmer, and cook with lid on skillet for another 3 minutes! If water evaporates too quickly, add a bit more.

whisk + add + stir

Add **1 T soy sauce**, **a pinch of sugar** and **3 oz tomato paste** to a small bowl. Whisk to combine, then add to the skillet and stir, cooking for another 30 seconds. Serve Jambalaya HOT and topped with **chopped fresh parsley** and a shake of hot sauce, if desired!

Family Fun Recipes



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grapefruit party snow-ball slush

peel + chop + muddle

Peel **2 fresh grapefruit** and chop fruit into rough chunks. Add to a bowl with **¼ C sugar, honey, or 2 packs Stevia** and use a wooden spoon to squish and muddle the fruit so that all the juice is released from the fruit!

add + blend + pour

Add muddle grapefruit to a blender with **1 C ice**. Blend until smooth, pour into cups, top each cup with **sparkling water**, and serve with spoons! CHEERS!

::continued::



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shopping list!

Fat Tuesday Colorful Cajun Jambalaya

- 2 stalks celery
- 1 shallot
- 2 cloves garlic
- 1 carrot
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 14-oz can black beans
- 1 T soy sauce
- Pinch sugar
- 3 oz tomato paste
- 1 dried bay leaf
- 1 T dried oregano, thyme, or a mix of both
- 2 tsp dried cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ bunch fresh parsley
- Optional: pinch cayenne pepper
- OR shake of hot sauce

Celebratory Sparkling Grapefruit Slushy

- 2 fresh grapefruit
- ¼ C sugar, honey, or 2 packs Stevia
- 1 C ice
- 12 oz sparkling water

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Slicing, Chopping, Mincing, Muddling!

SLICING: to cut into pieces using a sawing motion with your knife!

CHOPPING: to cut food into rough pieces that are not usually the same size!

MINCING: to cut food into teeny tiny pieces!

MUDDLING: to use a wooden spoon or other tool to mash fruit with sugar

What Can We Learn About Bell Peppers?

Jambalaya is a Cajun dish famous in Louisiana that's made of rice, vegetables, and meat/shrimp. French, Spanish, Portuguese, and West African flavors influence the dish, and it's widely believed that the dish originated in the Caribbean.

There are several stories of where the name came from. One common theory is that the French word 'Jambon', which means ham, was mixed with the African word 'Aya' meaning rice; there were many slaves in Louisiana from the time Jambalaya originated. According to the Oxford English Dictionary, "jambalaya" comes from the Provençal word jambalaia, meaning a mish mash, or mix-up.

Cajun jambalaya is typically brown in color due to the meat dissolving in the broth as it's cooked. Also, no tomatoes are used in Cajun Jambalaya. Creole jambalaya is more of a red color because it uses tomatoes and is often referred to as "red jambalaya."

Fun Facts about New Orleans and Fat Tuesday!

The celebration of Mardi Gras include parades in the streets of New Orleans, live music performances, and thousands of tourists traveling to the bayou to partake in the festivities, which include colorful costumes, music, and dance. Mardi Gras is also known as "Carnival" and is celebrated in other parts of the world, such as Rio de Janeiro, Brazil and Montreal, Canada. Mardi Gras is a holiday that was tied to Easter Sunday. A long time ago, before the Easter holiday and just before Lent started on a Tuesday, people would eat all of their meat, cheese, and other food that they planned to give up during the long weeks of Lent ahead. This Tuesday became known as "Fat Tuesday." In fact, the French term "Mardi Gras" translates to "Fat Tuesday!"

Time for a laugh!

What does a nose red pepper do? **Gets jalapeño business!**

What's orange and sounds like a parrot? **A carrot.**

What do you call a hamburger covered in beads? **A French Quarter Pounder.**

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