

Crock Pot Jambalaya

1 cup uncooked Hulless Oats
2 cups diced ham
2 can (28 oz) diced tomatoes with juice
2 medium onion, chopped
1 large green bell pepper, cored, seeded and chopped
2 ribs celery, sliced
3 cloves garlic, minced
2 tablespoons vegetable oil
3 tablespoons ketchup
1/2 teaspoon dried thyme
3/4 teaspoon black pepper or 1 tsp cayenne pepper
1 pound fresh or frozen shrimp, peeled and deveined

Thoroughly mix oats, ham, tomatoes, onions, bell pepper, celery, garlic, oil, ketchup, thyme and black or cayenne pepper. Cover and cook on LOW for 8 to 10 hours. One hour before serving, increase heat to HIGH. Stir in uncooked shrimp. Cover and cook until shrimp are pink and tender.