

# Natural Gas Matters

*Delivering ideas and insights from your natural gas service provider.*

## Our New Digital Home

*By now we hope you've noticed that Oklahoma Natural Gas Company's Web site has had a makeover. The new look features a graphic design that's clean and friendly, but the changes are much more than cosmetic.*

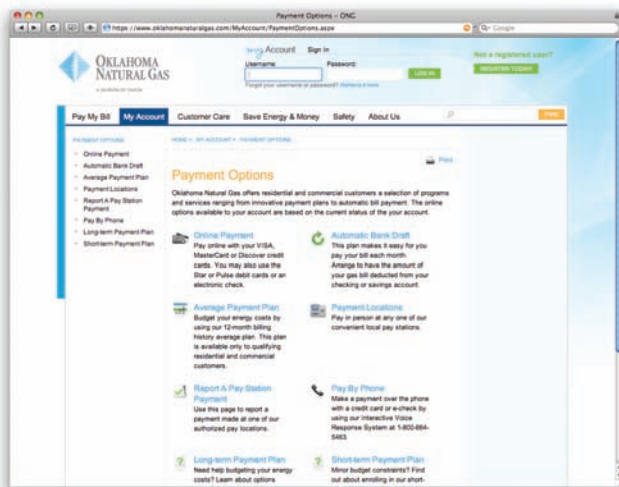
You'll find that navigating around the site is simple and convenient with the information you want clearly labeled and logically organized. And if you haven't already registered to create your online account, managing your Oklahoma Natural Gas bill and information has never been easier.

Tired of writing a check and paying by mail? Welcome to the world of paperless billing. You can sign up to get your bill via e-mail and then pay online via credit card, electronic check or automatic bank draft – the choice is yours. You can even request to start, stop or transfer service from the convenience of your keyboard.



Want to know how to be more energy efficient and save money? Take a stroll through our Virtual Energy House. Looking for specific information about our rates and tariffs or have a question about your bill? Answers are just a click away. Or perhaps you're looking for that recipe you remember from our newsletter? You'll find back issues of Natural Gas Matters plus an archive of all of our podcasts.

The address to remember for this helpful online resource is [www.oklahomanaturalgas.com](http://www.oklahomanaturalgas.com). Visit our new digital home soon.



## Time to Check Your Filter

This is the time of year when we demand the most from our home heating equipment. So help your heater – and your pocketbook – by making sure that the air filter is clean. Dirty, clogged air filters reduce the efficiency of your equipment and increase your heating expense. Air filters should be cleaned or replaced monthly, or as specified by the equipment manufacturer.



## Hot Water Done Right

If you're thinking about replacing your old water heater, think natural gas.

Natural gas water heaters are more efficient, produce hot water more quickly and do it at half the operating cost of electric models. The same clean-burning fuel you rely on to heat your home does a great job producing all the hot water you need, when you need it. And you'll find a wide variety of models and installation options – even new space-saving, high-efficiency tankless heaters.

Whether you're washing clothes or just enjoying a hot bath, you'll appreciate the cost-saving convenience of a natural gas water heater.



### Firehouse Jambalaya

- |  |   |
|--|---|
| 2 pounds chicken, bite size chunks         | 2-10 oz. cans RO*TEL® diced tomato and green chili    |
| 1 tablespoon butter                        | 2 -14.5 oz. cans stewed tomatoes, Mexican style       |
| 1 cup onion, chopped                       | 1 cup water   |
| 1 cup celery, chopped                      | 1 cup minute rice, uncooked                           |
| 1 cup bell pepper, chopped                 | 1 oz hot sauce  |
| 1 pound kielbasa sausage, bite size chunks | 1 teaspoon Tony Chachere's® Original Creole Seasoning |
| 1 pound shrimp, peeled, cleaned            |   |

1. In a large skillet, brown the chicken chunks in butter over medium heat.
2. Add onions, celery, bell pepper and stir until vegetables are crispy, or to your taste.
3. Add sausage and shrimp; continue cooking for 10 minutes.
4. Add the diced tomatoes and stewed tomatoes; stir well.
5. Add 1 cup water to skillet and slowly stir while bringing liquid to a boil.
6. Add minute rice, hot sauce, and Creole seasoning; cover skillet and continue cooking until rice is fluffy.
7. Serve warm.

Serves: 16

**Nutrition Facts per Serving:** Calories: 230; Carbohydrate: 12 grams; Protein: 23 grams; Fat: 10 grams; Sodium: 795 mg; Fiber: 2

*Menu Suggestion: Jambalaya, Fruit cup*

Great one-pot meal for a large gathering. The "heat factor" may be increased or decreased by holding the last 2 ingredients and adding hot sauce and Creole seasoning to taste. To reduce the sodium in this recipe, use fresh tomatoes and half the Creole seasoning.

Recipe provided by:

