CHICKEN GUMBO

INGREDIENTS  Serves: 6  |  Serving Size: 1/3 cup rice with 1 cup of gumbo

canola oil 1 teaspoon
onion 1 medium
bell peppers 1 green, 1 red
no salt added diced tomatoes 1 - 15 oz can
water 3/4 cup
low sodium chicken 1 - 12 oz can
no salt added pinto beans 1 - 15 oz can
frozen sliced okra 1 cup
Cajun Seasoning 1 tablespoon
brown rice 2 cups, cooked

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INSTRUCTIONS

1. PREP VEGETABLES

Dice the bell peppers and onion.

2. PREP PROTEIN

Drain the chicken. Drain and rinse the beans.

3. SAUTE VEGETABLES

In a large saucepan or stock pot over medium high heat, add oil. Add the onion and peppers and sauté until soft, about 8-10 minutes.

4. ADD VEGETABLES, PROTEIN, AND SPICES

Add tomatoes, okra, beans, water, Cajun seasoning, and chicken to the pan. Simmer for 30 minutes or until okra is soft, stirring occasionally.

5. SERVE

Serve over 1/3 cup rice and enjoy.

CHEF NOTES

- Add a second can of diced tomatoes for more of a stew-like consistency.

- Portion out leftovers and freeze in bags. Defrost bag by placing it in cold water for 10 minutes and then pour into pot to reheat.

- For a kick, try it with andouille chicken sausage.

NUTRITION INFORMATION

- Calories: 310
- Total Carbohydrate: 42g
- Total Fat: 6g
- Dietary Fiber: 4g
- Protein: 24g
- Sodium: 480mg

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