

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

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

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