# chicken and sausage gumbo over rice

30 minutes



### APRON'S ADVICE

Complete your meal with fresh salad blend, cornbread, and pecan pie for dessert. For a less spicy version, omit tomatoes with chiles and substitute canned diced tomatoes.

### SHOPPING LIST

### Dry Grocery

1/2 tsp Creole seasoning 2 tsp browning sauce 1 1/2 cups long grain white rice 1 (32-oz) box low-sodium chicken broth

2 (10-oz) cans milder diced tomatoes/green chiles

1 tsp reduced-sodium Worcestershire sauce

1 (16-oz) bag vegetable gumbo blend (okra, corn, onions, celery, bell peppers)

### Meat

1 (10-oz) bag cooked chicken pieces 3 links fresh Italian sausage with peppers and onion (or andouille)

### Produce

1 medium onion

12 oz peeled/deveined medium shrimp (optional)

### From Your Pantry

1/2 cup all purpose flour 2 tbsp olive oil



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### **COOKING SEQUENCE**

- Prepare rice and begin to cook 5 minutes

## chicken and sausage gumbo over rice

### INGREDIENTS

1 medium onion, coarsely chopped 3 links fresh Italian sausage with peppers and onion (or andouille)

1 1/2 cups long grain white rice

· Chop onion into large pieces. • Cut sausage into bite-size pieces.

2 tablespoons olive oil

1 (16-oz) bag frozen vegetable gumbo blend (okra, corn, onions, celery, bell peppers) 1/2 teaspoon Creole seasoning 1/2 cup all purpose flour

1 (32-oz) box low-sodium chicken broth

1 (10-oz) bag cooked chicken pieces

1 teaspoon reduced-sodium Worcestershire sauce

2 (10-oz) cans milder diced tomatoes/green chiles (undrained)

2 teaspoons browning sauce

12 oz peeled/deveined medium shrimp (thawed; optional)

## STEPS

PREP

- 1. Prepare rice following package instructions.
- 2. Preheat large saucepan on medium-high 2-3 minutes. Add oil; then add sausage; cook and stir 2 minutes or until browned. Add onions, gumbo blend, and Creole seasoning; cook
- 3. Sprinkle flour over vegetables and stir to blend. Add broth, a little at a time, while stirring; bring to a boil.
- 4. Reduce to simmer; stir in chicken, Worcestershire, tomatoes with chiles, browning sauce, and shrimp (if using). Simmer 8-10 minutes or until thickened and shrimp are opaque. Serve over rice.

CALORIES (per 1/6 recipe) 600kcal; FAT 18g; CHOL 150mg; SODIUM 1300mg; CARB 68g; FIBER 4g; PROTEIN 38g; VIT A 8%; VIT C 20%; CALC 10%; IRON 25%