



Cajun Chicken Gumbo

Ingredients

- 3 Tbsp all-purpose flour
- 3 Tbsp olive oil
- 3 medium onions, chopped
- 2 medium green bell peppers, finely chopped
- 2 medium ribs of celery, chopped
- 14.5-ounce can no-salt-added diced tomatoes seasoned with onions and green peppers, undrained
- 14.5-ounce can fat-free, low-sodium chicken broth
- 8 ounces frozen cut okra, thawed
- 1 cup water
- 4 bay leaves
- 1 cup uncooked rice
- 1 1/2 lbs boneless, skinless chicken breasts, all visible fat removed, cut into bite-size pieces
- 1/2 tsp red hot-pepper sauce
- 1 tsp salt

Directions

Heat a Dutch oven over medium-high heat. Put the flour and oil in the pot. Cook for 2 minutes, stirring constantly (a flat spatula works well) until richly golden brown. Reduce the heat to medium.

Stir in the onions, bell peppers, and celery. Cook for 8 minutes, or until the vegetables begin to brown, stirring frequently.

Stir in the undrained tomatoes, broth, okra, water, and bay leaves. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes, or until the vegetables are very tender.

Meanwhile, prepare the rice using the package directions, omitting the salt and margarine.

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Source: *One-Dish Meals* (American Heart Association)



Cajun Chicken Gumbo, cont.


Directions, cont.

Stir the chicken into the vegetable mixture. Cook for 5 minutes, or until the chicken is no longer pink in the center. Remove from the heat. Stir in the hot-pepper sauce and salt.

Let stand for a few minutes to absorb flavors. Remove the bay leaves.

To serve, put 1/2 cup rice in each bowl. Ladle about 1 1/2 cups gumbo over each serving.

Servings: 6 (1 1/2 c gumbo plus 1/2 c cooked rice per serving)



Source: *One-Dish Meals* (American Heart Association)