

Chicken Gumbo

Servings: 2

From Taste of Home

Ingredients

1/2 cup brown rice
1 Tbsp olive oil
1/2 lb ground chicken
1/2 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped onion
15 oz can crushed tomatoes
1/2 cup sliced fresh okra
1/2 cup fat-free, low sodium chicken broth
1/2 tsp Cajun seasoning
1/4 tsp salt
1/2 tsp dried oregano
1/2 tsp dried thyme
1/4 tsp hot sauce

Preparation

- 1) Cook rice according to package directions.
- 2) Meanwhile, add heat olive oil in a large pot over medium heat. Add chicken, celery, green pepper and onion and cook until chicken is no longer pink; drain.
- 3) Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until heated through. Serve over rice.