

Recipe of the Month

Recipe adapted from Healthy Seasonal Recipes

<https://www.healthyseasonalrecipes.com/slow-cooker-chicken-gumbo/>

Mardi Gras Gumbo

Serves 6

Ingredients:

- 1 tablespoon extra-virgin olive oil (substitute: oil of choice)
- 1 pound boneless, skinless chicken breast
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 1 large onion, diced (about 1 cup)
- 1 tablespoon rosemary, chopped (substitute: 1 teaspoon dried rosemary)
- 4 cups low-sodium chicken broth
- 4 ounces sausage cut into 1/2-inch slices
- 2 cups fresh or frozen okra, sliced
- 2 cups celery, diced
- 2 cups green bell peppers, diced
- 1/2 cup long-grain brown rice
- 1 tablespoon dried sage (substitute: dried thyme or dried oregano)
- 2 tablespoons chopped garlic (about 4 cloves)
- 1 teaspoon salt

Directions:

1. Heat oil in a large skillet over medium-high heat. Add chicken and cook until browned, 2 to 4 minutes per side. Transfer the chicken to a large slow cooker.
2. Add crushed tomatoes into the slow cooker, including any remaining liquid from the can. Then, add onion, rosemary, broth, sausage, okra, celery, bell peppers, rice, sage, garlic, and salt into the slow cooker.
3. Turn to low heat for 8 hours or 4 hours on high. Allow the gumbo to cook, covered and undisturbed, until the time is up. Ladle into bowls to serve.
4. Nutrients Per Serving: 170 calories, 5 g total fat, 1.5 g saturated fat, 35 mg cholesterol, 390 mg sodium, 17 g carbohydrates, 4 g fiber, 5 g total sugar, 0 g added sugar, and 13 g protein