

# Slow-Cooker Freezer-Pack Gumbo



## Servings: 8

*1 pound skinless boneless chicken breast, cut into 2-inch pieces  
1 pound chorizo, sliced into rounds  
1 onion, sliced  
1 green bell pepper, seeded and sliced  
2 celery stalks, sliced  
16 ounces okra, sliced  
1/2 cup long-grain brown rice  
3 tablespoons Cajun seasoning  
1 can diced tomatoes (28-oz)  
salt and pepper, to taste*

In a clear freezer bag layer the chicken, chorizo, onion, green bell pepper, okra, long-grain brown rice, and Cajun seasoning. Pour the diced tomatoes over the ingredients in the bag. Season with salt and pepper.

Squeeze all the air out of the bag and seal. Freeze until ready to use. Store for up to 3 months.

## To Cook:

Thaw the Gumbo in the refrigerator for 24 hours before cooking.

Pour the Gumbo into a 6-quart slow-cooker with 1 1/2 cups of water.

Cook on Low for 6-8 hours or on High for 3-4 hours.

Spoon into bowls.

Serve

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Per Serving (excluding unknown items): 311 Calories; 16g Fat (47.0% calories from fat); 23g Protein; 18g Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol; 487mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 72mg Calcium; 2mg Iron; 688mg Potassium; 291mg Phosphorus. Exchanges: .