



Chicken & Sausage Gumbo

INGREDIENTS

- 13 oz. Hillshire Farms turkey kielbasa
- 1-1/2 lbs boneless skinless chicken breast
- 3/4 cup all-purpose flour
- 3/4 cup beef broth
- 1 red bell pepper
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 large onion, chopped
- 4 stalks celery, thinly sliced
- 3 garlic cloves, minced
- 2 tsp Cajun seasoning
- 1/8 tsp cayenne pepper
- 32 oz chicken broth

NUTRITION FACTS

Serves: 6

Amount Per Serving:

- Calories 339
- Total Fat 9 g
- Saturated Fat 2 g
- Cholesterol 110 mg
- Sodium 948 mg
- Carbohydrate 22 g
- Dietary Fiber 3 g
- Sugars 5 g
- Protein 38 g
- myWW Blue: 4
- myWW Purple: 4
- myWW Green: 6

DIRECTIONS

1. In a skillet, cook turkey kielbasa on stove over medium heat until browned.
2. In a pot or Dutch oven, combine flour and beef broth and cook over medium-high heat, stirring constantly. When it almost reaches a boil, reduce heat to low, stirring occasionally, until it is thickened or creates a roux.
3. Add bell pepper, onion, celery, garlic, zucchini, squash, and spices to pot and mix well.
4. Slowly add in chicken broth.
5. Add chicken and turkey kielbasa and cook on medium-high heat until gumbo comes to a boil.
6. Reduce heat to low and simmer for about 1-1/2 hours or until chicken is cooked through.
7. Shred chicken or cut into cubes. Serve over roasted potatoes or rice (additional points).

This recipe can be found at:

<https://planningushealthy.com/chicken-sausage-gumbo>

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