

Sausage & Chicken Gumbo (Crock Pot)

Prep Cook Time: All Day

SERVES 4

Ingredients:

1.3 lb package boneless chicken breasts

1 lb breakfast pork sausage

2 tablespoon flour

14 oz can Italian diced tomatoes, undrained

14 oz can chicken broth

1 bag frozen gumbo vegetables

½ can water

2 tablespoons Worcestershire

1 cup minute rice

Steps

1. In a crock-pot, place chicken and ¼ cup water. Cook on low all day. Shred and cut up chicken. In a large pot, sauté sausage until browned. Drain most of the fat off. Sprinkle 3 tablespoons flour evenly over sausage. Sauté until flour is browned. Add chicken and stir in remaining ingredients. Heat to a boil, reduce heat and simmer 20 minutes. Add a little water, if desired. Salt and pepper to taste.