Sausage and Chicken Gumbo

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1 (3 1/2-ounce) bag boil-in-bag rice
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 cup frozen chopped onion
1 cup frozen chopped green bell pepper
1 cup frozen cut okra
1 cup chopped celery
1 teaspoon bottled minced garlic
1/2 teaspoon dried thyme
1/4 teaspoon ground red pepper
2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
8 ounces turkey kielbasa, cut into 1-inch pieces
1 (14 1/2-ounce) can diced tomatoes with peppers and onion
1 (14 1/2-ounce) can fat-free, less-sodium chicken broth

Cook rice according to package directions, omitting salt and fat.

While rice cooks, combine flour and oil in a Dutch oven; saute over medium-high heat 3 minutes. Add onion and next 6 ingredients (onion through red pepper); cook 3 minutes or until tender, stirring frequently.

Stir in chicken, kielbasa, tomatoes, and broth; cook 6 minutes or until thoroughly heated. Serve over rice.

Yield: 4 servings (serving size: 1 1/2 cups gumbo and 1/2 cup rice)

CALORIES 369 (28% from fat); FAT 11.3g (sat 2.7g, mono 4.8g, poly 3g); IRON 2.2mg; CHOLESTEROL 77mg; CALCIUM 92mg; CARBOHYDRATE 37g; SODIUM 949mg; PROTEIN 29.4g; FIBER 3g

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