

Creole Chicken Gumbo Chowder

Ingredients:

Chicken broth, low sodium	11 cups	Garlic powder	½ tsp
Hot water	4 cups	Thyme, dried	½ tsp
Green bell pepper, diced	¼ cup	Cayenne pepper	a few dashes
Celery, diced	½ cup	Cornstarch	2 Tbsp
Onion, diced	½ cup	Cold water	4 Tbsp
Diced tomatoes, canned	1 ⅓ cup	Chicken breast, cooked, diced	¾ cups
Tomato puree, canned	¼ cup	Ham, cooked, diced	¾ cup
Ground pepper, white or black	½ tsp	Okra, cooked, diced	½ cup
		White rice, cooked	2 cup

Preparation:

In a soup pot, combine chicken broth, the 4 cups hot water, peppers, celery, onion, tomatoes, tomato puree, ground pepper, garlic powder, thyme and cayenne. Cover and simmer until vegetables are tender, about 10 minutes.

Combine cornstarch and the 4 Tbsp water. Mix until smooth. Stir into soup and cook for 5 minutes.

Add cooked chicken, ham, okra, and rice as desired. Simmer on low for 10 minutes or until all flavors combine.

Makes 16 cups.

Rice will expand 2-3 times during cooking! For this recipe, bring 2 cups water (or low sodium broth) to a boil and add 1 cup dry rice. Stir 1 minute, reduce heat to low, and cover. Let simmer for 15-20 minutes or until all the water is absorbed.

Nutrition per 1 cup: 80 calories, 1g fat (0g sat fat), 10g carb, 7g protein, 15mg cholesterol, 260mg sodium

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