



Chicken and Shrimp Gumbo

Cook Time: 60 mins

Serving Size: 1 cup

Servings: 4

Ingredients

¼ cup all-purpose flour
 1 Tablespoon canola oil
 1 onion, chopped
 1 large green bell pepper, diced
 1 stalk celery, minced
 4 cloves garlic, minced
 2 ounces andouille or kielbasa sausage, thinly sliced
 4 cups reduced-sodium chicken broth
 1 (14 ounce) can no-salt-added diced tomatoes, drained

½ teaspoon freshly ground pepper
 ¼ teaspoon dried thyme
 ¼ teaspoon dried oregano
 ⅛ teaspoon cayenne pepper
 1 bay leaf
 ½ cup long-grain white rice
 6 ounces medium shrimp, peeled and deveined
 4 ounces boneless, skinless chicken breast, or thigh meat, trimmed and



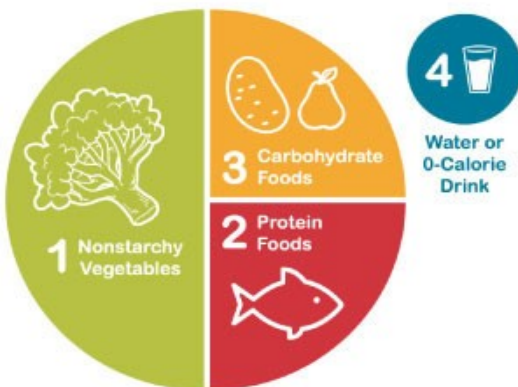
Directions

1. Add flour to a hot skillet and cook until flour is golden, about 7 to 10 minutes.
2. Heat oil in a heavy pot. Add onion, bell pepper, celery, garlic and cook for 5 minutes.
3. Add sausage and cook until brown. Stir in flour and mix until everything is lightly coated.
4. Slowly stir in broth. Bring to a simmer.
5. Add tomatoes, pepper, thyme, oregano, cayenne, bay leaf and cook for 15 minutes.
6. Add rice and cook for 15 minutes. Add chicken and shrimp. Cook until chicken is no longer pink, and shrimp is no longer opaque.

Recipe source: Eatingwell.com

Nutrition

Calories: 301kcal | Carbohydrates: 38g | Protein: 23g | Fat: 6g | Saturated Fat: 1g |
 Cholesterol:83mg | Sodium: 634mg | Potassium: 655mg | Fiber: 4g | Sugar: 5g |
 Vitamin A: 7431IU | Vitamin C:49mg | Calcium: 98mg | Iron: 2mg



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)