

### Chicken Gumbo with Okra – LIHR 3/7/11

Found on [www.dlife.com](http://www.dlife.com)

#### Ingredients:

- 1/3 cup chopped onion
- 2 Tbls flour
- 2 cups chicken broth
- ¼ tsp hot pepper sauce
- 14 ½ oz can stewed tomatoes
- 10 oz frozen sliced okra
- 12 oz boneless skinless chicken breasts
- ¼ cup cold water
- 1 oz olive oil
- 1 Tbls garlic, chopped
- 2 stalks celery, chopped
- 1 tsp creole seasoning (to taste)
- 1/3 small red bell pepper, seeded and diced



Wash & pat dry chicken breasts. Cut into 1 inch pieces. In non-stick pot, heat olive oil to medium. Add chicken. Cook for 4-5 minutes until chicken is done. Add garlic, onions, celery, and red pepper. Cook 5 minutes or until crisp tender.

In small cup, mix flour with ¼ cup water. Stir until smooth. Add flour roux, broth, hot sauce, tomatoes, and creole seasoning. Cook for 3 minutes. Add okra. Simmer, covered for approximately 8 minutes.  
Serves 6

Nutrition info: 125 calories, 11 g carbohydrates, 1.6 g fat, 17.3 g protein