

Chicken Gumbo

1 tsp	vegetable oil
¼ C	flour
3 C	low-sodium chicken broth
1 ½ lb	chicken breast, skinless, boneless, cut into 1-inch strips
1 C	(1/2 lb) white potatoes, cubed
1 C	onions, chopped
1 C	(1/2 lb) carrots, coarsely chopped
½	medium carrot, grated
¼ C	celery, chopped
4 cloves	garlic, finely minced
2 stalks	scallion, chopped
1	whole bay leaf
½ tsp	thyme
½ tsp	black pepper, ground
2 tsp	hot (or jalapeno) pepper
1 C	(1/2 lb) okra, sliced into ½-inch pieces

Yield: 8 servings
Serving size: ¾ cup
Each serving provides:
Calories: 165
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 51 mg
Sodium: 81 mg
Total fiber: 2 g
Protein: 21 g
Carbohydrates: 11 g
Potassium: 349 mg

1. Add oil to large pot and heat over medium flame.
2. Stir in flour. Cook, stirring constantly, until flour begins to turn golden brown.
3. Slowly stir in all broth using wire whisk. Cook for 2 minutes. Broth mixture should not be lumpy.
4. Add rest of ingredients except okra. Bring to boil, then reduce heat and let simmer for 20-30 minutes.
5. Add okra and let cook for 15-20 more minutes.
6. Remove bay leaf and serve hot in bowl or over rice.

Source: *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute. NIH Pub No. 03-2921, July, 2003.*