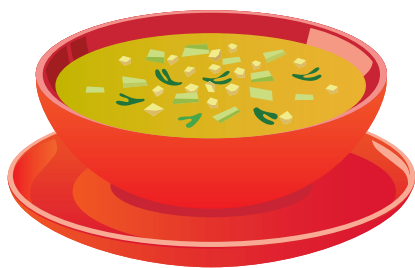




Soul Food Makeover: Chicken Gumbo Recipe

| | |
|------------------------|---|
| 1 teaspoon | vegetable oil |
| ¼ cup | flour |
| 3 cups | low-sodium chicken broth |
| 1½ pounds | chicken breast, skinless and boneless, cut into 1-inch strips |
| 1 cup | white potatoes, cubed |
| 1 cup | onions, chopped |
| 1 cup | carrots, coarsely chopped |
| ¼ cup | celery, chopped |
| ½ medium | carrot, grated |
| 4 cloves | garlic, finely minced |
| 2 stalks | scallions, chopped |
| 1 whole | bay leaf |
| ½ teaspoon | black pepper, ground |
| 2 teaspoons | hot (or jalapeno) pepper |
| 1 cup (½ pound) | okra, sliced into ½-inch pieces |



1. Add oil to a large pot.
2. Heat pot over medium heat.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in broth using a wire whisk, and cook for 2 minutes. The mixture shouldn't be lumpy.
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 minutes.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.

Makes 8 servings

| | |
|-----------------------------|----------------------------|
| Serving size: ¾ cups | Sodium: 81 mg |
| Calories: 165 | Total Fiber: 2 g |
| Total Fat: 4 g | Protein: 21 g |
| Saturated fat: 1 g | Carbohydrates: 11 g |
| Cholesterol: 51 mg | Potassium: 349 mg |