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Sausage & Chicken Gumbo (Crock Pot)

Prep Cook Time: All Day

SERVES 4

Ingredients:

- 1.3 lb package boneless chicken breasts
- 1 lb breakfast pork sausage
- 2 tablespoon flour
- 14 oz can Italian diced tomatoes, undrained
- 14 oz can chicken broth
- 1 bag frozen gumbo vegetables
- ½ can water
- 2 tablespoons Worcestershire
- 1 cup minute rice

Steps

1. In a crock-pot, place chicken and ¼ cup water. Cook on low all day. Shred and cut up chicken. In a large pot, sauté sausage until browned. Drain most of the fat off. Sprinkle 3 tablespoons flour evenly over sausage. Sauté until flour is browned. Add chicken and stir in remaining ingredients. Heat to a boil, reduce heat and simmer 20 minutes. Add a little water, if desired. Salt and pepper to taste.