

## Spicy Chicken Gumbo Soup

Serves 10

Ingredients	
1 tbsp unsaturated oil	2 tbsp (30g) tomato puree
1 (150g) onion, peeled & finely chopped	1tsp (5g) thyme
2 (12g) cloves garlic, peeled & crushed	½ tsp (2.5g) chili powder
1 ½ tbsp. (22g) flour	300g cooked chicken, diced
1.2 litres chicken stock made with kallo very low salt stock	115g frozen sweet corn
2 (300g) green peppers, deseeded & chopped	Black pepper
200g okra, trimmed & cut into 5-10 mm slices	300g rice
4 (600g) large tomatoes, peeled & roughly chopped	

- METHOD:
- Heat the oil in a large saucepan. Add the onion, garlic and gently cook for 5 minutes to soften. Stir in the flour and cook for a further minute.
- Gradually add the chicken stock, followed by the peppers, okra, tomatoes, tomato puree, thyme and chilli powder.
- Bring the soup to the boil, then reduce the heat to simmering point, cover and continue to cook for 30 minutes.
- Stir in the chicken and sweet corn and cook for a further 20 minutes.
- Meanwhile cook the rice according to the pack instructions.
- Serve the gumbo, ladled over a small bed of rice.



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
216	14	3.7	34	4	0.5	1	59