

Cheater Gumbo

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Servings: 8

*1 tablespoon olive oil
1 1/2 cups onion, chopped
pinch salt
12 ounces andouille
sausage, chopped
4 cups low-sodium chicken
broth
1 cup split peas
3 bay leaves
3 cups zucchini, sliced
salt
pepper*

Preparation Time: 20 minutes

In a four-quart Dutch oven over medium heat, heat the olive oil. Add the onion and salt. Cook, stirring, until softened but not browned. Increase the heat to medium-high. Add the Andouille sausage. Cook, stirring occasionally, until browned on most sides, about 10 minutes. Add the chicken broth, peas and bay leaves. Bring to a boil. Reduce the heat to low. Simmer until the peas are tender and beginning to collapse, 25 to 30 minutes. Add the zucchini. Simmer, uncovered, until tender, about 5 minutes more.

Season with salt and pepper. Discard the bay leaves.

Per Serving (excluding unknown items): 132 Calories; 3g Fat (18.9% calories from fat); 12g Protein; 20g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.