

## **Gumbo In A Jiffy**

**Servings: 6**

**3 Italian sausage links, sliced**

**1 can (14 1/2 oz) diced tomatoes with green peppers and onion, undrained**

**1 can (14 1/2 oz) reduced-sodium chicken broth**

**1/2 cup water**

**1 cup instant rice, uncooked**

**1 can (7 oz) whole kernel corn, frozen, drained**

In a large saucepan, cook sausage until no longer pink; drain.

Stir in the tomatoes, broth and water; bring to a boil.

Stir in rice and corn; cover and remove from the heat.

Let stand for 5 minutes.

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Per Serving (excluding unknown items): 280 Calories; 18g Fat (57.9% calories from fat); 10g Protein; 19g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 415mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 3 Fat.