

# Stewed Okra & Tomatoes with Chicken Sausage



## Ingredients:

12 oz Roasted Chicken Sausage  
6 oz Sweet Corn  
12 oz Cut Okra  
½ Tbsp Butter  
1 ½ tsp Minced Garlic  
14 oz Fire-Roasted Crushed Tomatoes  
4 oz Tomato Sauce  
6 oz Lima Beans  
½ Tbsp Salt-free Creole Seasoning  
1 tsp Black Pepper  
1 tsp Oregano  
½ tsp Paprika  
½ tsp Garlic Powder  
½ Tbsp Basil Leaf Flakes  
½ tsp Red Cayenne Pepper

## Directions:

Slice the chicken sausage. Cook on medium heat for 5 minutes. Remove from heat and set aside.

Ensure the pan is set to medium heat. Add butter and minced garlic, frequently stirring for 1 minute.

Add okra to the pan and cook uncovered for 10 to 15 minutes to help eliminate some excess slime.

Add chicken sausage, corn, fire-roasted tomatoes, tomato sauce, lima beans and all seasonings to the pan. Cook uncovered for 15 minutes.

Serve alone or with rice.

Nutrition Facts	
Serving size: 6 ounces (227g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 210	Cal. from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 3g	15%
Trans Fats 0g	
<b>Cholesterol</b> 40mg	15%
<b>Sodium</b> 520mg	20%
<b>Total Carbohydrate</b> 20g	8%
Dietary Fiber 4g	15%
Sugars 4g	
<b>Protein</b> 11g	
Vitamin A 10%	Vitamin C 25%
Calcium 6%	Iron 8%

\* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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**Servings:** 6

