



## Spicy Italian Sausage and Pepper Gumbo-Style Stew

WITH RICE AND GREEN ONIONS

Express



### Prep & Cook Time

15 MIN

### Cook Within

4 DAYS

### Difficulty Level

EASY

### Spice Level

MEDIUM

### You Will Need

Olive Oil, Pepper  
Microwave-Safe Bowl, Large  
Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

### Ingredients

4 oz. Fire Roasted Diced Tomatoes  
8 ½ oz. Cooked Jasmine Rice  
2 Green Onions  
¼ tsp. Red Pepper Flakes  
½ oz. Flour  
2 tsp. Chicken Broth Concentrate  
4 oz. Mixed Diced Peppers  
1 tsp. Cajun Seasoning  
.6 oz. Butter  
**Customize It Options**  
8 oz. Italian Pork Sausage  
8 oz. Shrimp  
10 oz. Ground Pork  
10 oz. Diced Boneless Skinless  
Chicken Breasts

View nutritional information at [www.homechef.com/24856](http://www.homechef.com/24856)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.



## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Only half the **fire-roasted tomatoes** is used in this recipe
- Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **diced chicken breasts**, pat dry. Follow same instructions as Italian sausage in Step 1, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **ground pork**, follow same instructions as Italian sausage in Step 1, breaking up until pork reaches minimum internal temperature, 4-6 minutes.
- If using **shrimp**, pat dry. Follow same instructions as Italian sausage in Step 1, stirring occasionally until shrimp reach minimum internal temperature, 2-3 minutes per side.



### 2. Make the Roux

- In a microwave-safe bowl, combine **butter** and **flour**. Microwave, 30 seconds.
- Carefully remove from microwave and stir to combine. *Bowl will be hot! Use caution.* Microwave again until mixture smells "nutty" and is chestnut brown, 1-2 minutes.
- If butter does not darken, continue microwaving, 30 seconds a time, as needed.



### 4. Heat Rice and Finish Dish

- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds.
- Remove rice from packaging.
- Plate dish as pictured on front of card, topping rice with **stew** and **green portions of green onions**. Bon appétit!



### 1. Prepare Ingredients and Start Stew

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Remove **Italian sausage** from casing, if necessary.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add sausage to hot pan and break up until starting to brown, 1-2 minutes.
- Add **peppers**, white portions of green onions, and **Cajun seasoning** (use less if spice-averse). Stir occasionally, breaking up meat, until vegetables soften, no pink remains on sausage, and sausage reaches a minimum internal temperature of 160 degrees, 4-5 minutes.
- While stew cooks, continue recipe.



### 3. Finish the Stew

- Add ¼ cup **fire-roasted tomatoes** (remaining are yours to use as you please!), 1 cup **water**, **chicken base**, and a pinch of **pepper** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, stir in **roux** and **red pepper flakes** (to taste) until combined. Return to a simmer.
- Once simmering, stir often until thickened, 1-2 minutes.
- Remove from burner.