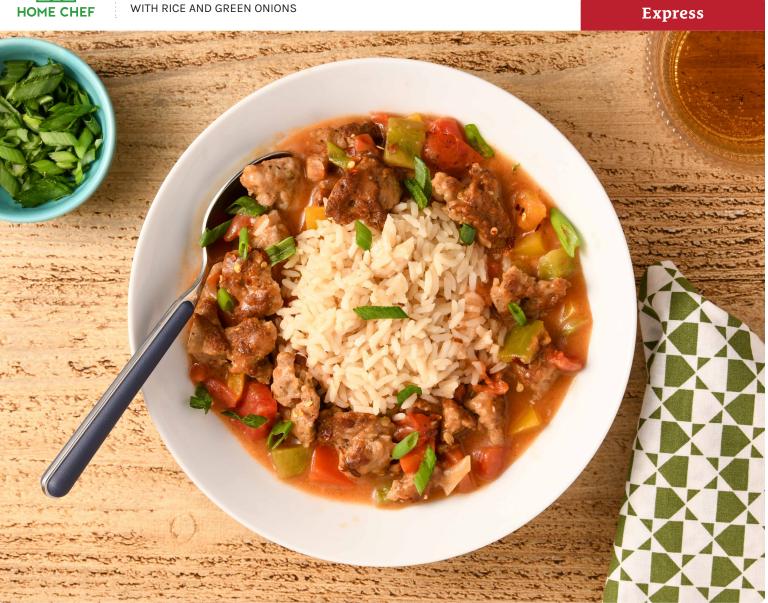


Spicy Italian Sausage and Pepper Gumbo-Style Stew



Prep & Cook Time 15 MIN	Cook Within 4 DAYS	You Will Need Olive Oil, Pepper Microwave-Safe Bowl, Large Non-Stick Pan	
Difficulty Level EASY	Spice Level MEDIUM		

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at 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.

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 top Chialan Broth Canada
 - 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

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 1/4 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.

