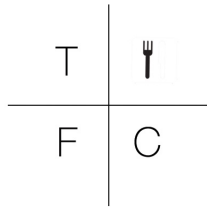


Shredded Chicken Gumbo



SOUP/STEW
GLUTEN FREE, DAIRY FREE

serves: 6-8
active time: 15 min
total time: 25 min

INGREDIENTS

- .50 -.75 lbs of ground hot Italian beef sausage (locally sourced, organic, pasture raised and grass fed)
- 4 cloves garlic, minced
- 1 leek, cleaned and chopped
- 1 large poblano pepper, chopped
- 1 serrano pepper, chopped
- 1 Tablespoon oregano
- 2 cups frozen, cut okra
- 8 cups bone or cleansing broth
- 2-3 cups bok choy or similar dark leafy greens, chopped
- 1 cup shredded chicken meat (use cooked meat from a rotisserie or poached chicken)
- salt & pepper

INSTRUCTIONS

1. Warm large pot over medium heat. When pot is hot add Italian beef sausage. Let cook for a few minutes until pink is eliminated.
2. Add garlic, leek, peppers, oregano, and 1/2 teaspoon salt and pepper. Cook until vegetables are crisp-tender and meat starts to brown.
3. Add bone broth and frozen okra. Bring to a boil. Add in shredded chicken and leafy greens for 1-2 minutes, then reduce to low. Let simmer for about 5 minutes or until chicken is warmed through.
4. Season with salt & pepper and serve!