

Slow Cooker Sausage and Barley Gumbo

(serves 4)

While not a classic gumbo, starch in the barley creates a thick sauce!



Ingredients

12-ounces sweet or mild fresh pork sausage
1 medium yellow onion, chopped
1 medium red bell pepper, chopped
3 medium stalks celery, chopped
2 cloves garlic, minced

8-ounces no-salt-added tomato sauce
8-ounces fat-free, reduced-sodium chicken broth
1/4 cup uncooked pearl barley
1 tsp dried oregano or Italian spice
1/4 tsp red pepper flakes

Directions

1. Wash hands.
2. In a skillet, crumble and cook sausage until brown. Drain fat.
3. Add cooked sausage and remaining ingredients to a 3- or 4-quart slow cooker. Stir to combine. If mixture looks dry, add 1/4 cup of water or broth.
4. Cook on low for 6-8 hours.

Tips: If you like more spice, use hot pork sausage.

Nutrition Facts per serving (calculated without draining fat from sausage):

320 calories, 20g total fat (14g unsaturated fat), 740mg sodium, 20g carbohydrate, 4g fiber, 17g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2019. Recipe adapted from Diabetes Self Management

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