



Everything you love about gumbo, now with a smoky whisper of paprika. Spanish chorizo subs for andouille, and crisp-tender rings of okra remain at its heart.

CHICKEN CHORIZO GUMBO

- 8 oz. Spanish chorizo, thinly sliced
- 12 oz. okra, sliced, or 2 cups frozen cut okra
- 2 stalks celery, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- ½ cup canola oil
- ½ cup all-purpose flour
- 4 cups reduced-sodium chicken broth
- 2 14½-oz. cans stewed tomatoes, undrained
- 12 oz. skinless, boneless chicken thighs
- 1 Tbsp. smoked paprika

COOK chorizo in a 4- to 6-qt. Dutch oven over medium heat until a thin layer of fat forms. Transfer chorizo to a bowl.

ADD okra, celery, green pepper, onion, and garlic; cook and stir 10 minutes. Place in bowl with chorizo.

ADD canola oil to pot. Whisk in flour until mixture thickens and turns a medium brown, about 6 minutes. Whisk in broth.

ADD tomatoes, reserved chorizo and vegetables, chicken, and paprika. Bring to boiling. Simmer gently, uncovered, 45 minutes.

REMOVE chicken; cool. Shred with a fork. Return to pot. Heat through.

SERVE over prepared white rice. Serves 8.

EACH SERVING 401 cal, 28 g fat, 19 g carb, 20 g pro. ■

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