

Italian Sausage Jambalaya

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-okra-recipe>

Ingredients:

- 19 ounces Bob Evans Italian Sausage cut into 2-inch pieces
- 1/2 cup diced onion
- 1/2 cup diced celery
- 14 1/2 ounces diced tomatoes
- 10 ounces okra frozen cut, thawed
- 1 cup chicken broth
- 1/2 cup rice uncooked
- 1/2 teaspoon hot sauce
- 1 teaspoon oregano
- 1/2 teaspoon thyme

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 19 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 55 milligrams
7. Sugar: 5 grams

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