

Creamy Chicken Bog With A Kick

Yield: 6 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-bog-recipe>

Ingredients:

- 4 bone in chicken thighs with skin
- 6 cups water
- 1 cube chicken bouillon
- 1 onion large, chopped
- 1/2 cup red bell pepper chopped
- 1/2 cup orange bell pepper chopped
- 16 ounces turkey kielbasa cubed
- 2 cups white rice uncooked
- 1/2 teaspoon italian seasoning
- 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon garlic salt
- 2 cubes chicken bouillon
- 10 3/4 ounces condensed cream of mushroom soup

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 170 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 41 grams
7. SaturatedFat: 9 grams
8. Sodium: 1730 milligrams
9. Sugar: 3 grams

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