

Chicken Bog

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 3 1/2 pounds chicken with bones and skin
- 2 cups chicken stock
- 2 cups water
- 1 small onion chopped
- 2 carrots sliced
- 2 rib celery sliced
- 3 cloves garlic chopped
- 1 teaspoon kosher salt or to taste
- 1/3 teaspoon black pepper
- 3 sprigs thyme or 1 teaspoon dried thyme
- 3 sprigs parsley
- 1 sprig rosemary or 1/2 teaspoon dried crumbled rosemary
- 1 cup long-grain white rice
- 8 ounces smoked sausage such as andouille, kielbasa, chaurice
- 2 green onions sliced
- parsley Garnish:, chopped, optional

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 320 milligrams
4. Fat: 39 grams
5. Fiber: 2 grams
6. Protein: 100 grams
7. SaturatedFat: 12 grams
8. Sodium: 2040 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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