

## Sausage Stew

<http://www.myrecipes.com/recipe/chicken-sausage-stew-50400000119688/>

(adapted)

### Ingredients

- 3 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 1/4 teaspoon dried thyme
- Sausage – 2 of our amazing links, precooked
- 4 garlic cloves, minced
- 1/4 teaspoon ground red pepper / use some File
- 1 1/2 cups lower-sodium marinara sauce
- 1 1/2 cups fat-free, lower-sodium chicken broth
- 1/2 cup chopped green onions (optional)
- 3 cups hot cooked white rice

### Preparation

Heat flour and oil in a Dutch oven over medium-low heat; cook for 5 minutes or until lightly browned, stirring frequently with a whisk. Add onion, bell pepper, celery, thyme, sausage, and garlic; increase heat to medium-high, and cook for 5 minutes, stirring mixture frequently. Add File and chicken; cook for 1 minute. Stir in marinara sauce and chicken broth; bring to a boil, stirring frequently. Cover, reduce heat, and simmer 20 minutes. Remove from heat; stir in green onions. Serve over rice.