

LOVE STARTS IN THE KITCHEN – THE BEST DOCTOR IS THE COOK!™

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RITA'S LIGHT & LIVELY CHICKEN GUMBO SOUP

Feel free to use already cooked chicken in here! Chicken is a good source of protein, olive oil is elixir for your heart, and when you cook by color with bright bell peppers, tomatoes and okra, you know you're doing your body good. Okra is a wonderful vegetable and can help prevent cancer, ease cold symptoms, reduce the risk of heart disease and help prevent constipation. Wow! Celery helps lower your blood pressure, so that's a great veggie, too. Brown rice has fiber, complex carbs and B vitamins, not to mention that it helps reduce cholesterol, as well. Even kids like this soup. Remember, using good quality organics from Susan's Natural World ensures you're doing the best you can to feed your family right.

1-1/2 pounds boneless, skinless chicken breast cut into 1" pieces

5- 6 cans, 14 oz., approx. ea. can, good quality chicken broth or homemade stock

Olive oil

1 bell pepper, diced

1 generous cup onion, diced

2 ribs celery, diced

1 teaspoon garlic, minced

1 teaspoon dry basil

1 bay leaf

1 cup rice, brown preferably

1 can, 14.5 oz., diced tomatoes

1 box, 10 oz., frozen cut okra or 2 cups fresh okra, sliced

Saute chicken in a bit of olive oil with pepper, onion, celery, garlic, basil and bay. Sauté until chicken loses its pink color. Add chicken, broth (Start with 5 cans) rice and tomatoes. Cook at a gentle boil until chicken and rice is done. Add fresh basil. Cook a few minutes more. While soup is cooking, sauté okra in a bit of olive oil just until crisp/tender and still bright green. Taste for salt and pepper. Remove bay leaf. Add okra and serve. Or serve okra on the side separately. Serves 12-15.

Tips from Rita's kitchen:

- If using frozen okra, buy cut okra, not whole as it cooks better
- Can be done ahead of time and reheated/kept warm in crock pot.

READ RITA!

My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Susan's Natural World

RITA'S YUMMY BREAD BLENDS! Buy them at Susan's Natural World.

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