

Okra and Corn Creole

¼ lb. spicy smoked sausage, diced
2 cups sliced fresh okra
2 cups fresh chopped tomatoes
1 cup frozen onion
1 cup fresh corn kernels
1 tsp minced garlic
½ cup water
1 tsp Creole seasoning
¼ tsp pepper
Hot cooked rice (optional)

Directions:

Cook diced sausage in a Dutch oven until cooked. Add okra and the next 7 ingredients in the Dutch oven over medium-high heat, stirring occasionally, 5 minutes. Reduce heat to low, cover, and simmer 15 minutes or until vegetables are tender. Serve over rice, if desired.

Serves 4-6.

Nutrient Analysis, per serving: 127 calories, 12g. carbohydrate, 5g. protein, 6g. fat, 442mg. sodium