



Chicken and Rice Gumbo

1lb chicken breast cut up into bite sized pieces
1 15 oz can tomato sauce
5 ½ cups chicken broth
1 15oz Can whole kernel corn, drained
½ t hot pepper sauce
½ cup rice
Nondairy Sour cream as garnish (optional)

Bring to a boil, simmer 20 min. Can make in Crockpot and let cook 4 hours on high or all day on low.
Can stir in non dairy sour cream at table when serving if desired

<http://www.lincolntent.com/GFCF-Soup.html>