

# **Italian Sausage and Pepper Stew**

Pillsbury Best One Dish Meals - February - 2011

**Servings: 4**

**Preparation Time: 25 minutes**

**Start to Finish Time: 25 minutes**

**2 cups ready-to-eat baby-cut carrots**

**1 cup (3 oz) fresh mushrooms, sliced**

**4 small red potatoes, cut into quarters**

**1 jar (12 oz) chicken gravy**

**1 3/4 cups reduced-sodium chicken broth**

**1 teaspoon dried thyme**

**1/2 cup frozen sweet peas**

**1 2 1/2 pound deli rotisserie chicken, cut into serving pieces**

In a 4-quart saucepan, mix the carrots, mushrooms, potatoes, gravy, broth and thyme leaves.

Heat to boiling over medium-high heat.

Reduce the heat to medium-low.

Cover and simmer about 20 minutes, stirring occasionally, or until the vegetables are tender.

Stir in the peas and chicken.

Cover and simmer about 5 minutes longer or until the peas are tender and the chicken is hot.

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Per Serving (excluding unknown items): 120 Calories; 4g Fat (31.8% calories from fat); 3g Protein; 18g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 435mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.