

Keywords: Chicken, Corn, E-Mealz, Kielbasa, Low-Fat, Main Dishes, One-Dish Meals, Potatoes, Soups & Stews, Vegetables
Onions

Yield: 6 servings

Cooking Time: 30 min

Ingredients

8	small	new Red potatoes
1	large	sweet onion, quartered
1	lbs	Reduced Fat Smoked Kielbasa, sliced in thick pieces
2	tbsp	old bay seasoning
4	cups	water (4-5 cups)
1	pkg	Corn or corn on the cob
1	lbs	Chicken Boneless, skinless breasts, cubed

Procedure

1. Put potatoes, onion, corn, chicken and sausage in large pot with 4-5 cups water.
2. Stir in old bay seasoning.
3. Bring to boil.
4. Reduce to med for 10 min.
5. Simmer until chicken is done.