

SAUSAGE BROCCOLI WRAPS

SAUSAGE, CHICKEN, AND BROCCOLI CHOWDER READY FOR ITS COZY WRAP. A GREAT HAND-TO-MOUTH EASY MEAL.

This Shake-Up is one of those dishes that you make after a long day.

It takes less than **15 mins** from start to finish.

HIGHLIGHTS

1

- ◆ Take your Chowder out of the fridge & put it into a saucepan on low to heat through, while you change out of your work clothes.
- ◆ This dish only needs 1 ½ C. of Chowder for 4 to 6 portions

2

- ◆ Next is to slice some cheese. Grating in this instance doesn't work. The cheese will fall out when you're trying to eat the wrap.
- ◆ With that said, a good sliced cheese from your deli counter is perfect for this preparation.



WRAP IT ALL UP AND TAKE A BIG BITE!

STEPS

Speaking of Diving in & Chowing Down...
Here are the specifics of this healthy Wrap recipe

1

🔪 Reduce your Chowder (1 C.) down on low in a small saucepan for about **10 minutes**.

2

🔪 While that's happening, pull apart some large pieces of crunchy iceberg lettuce – large enough to stuff, wrap & roll.

TIPS

- ◆ If you don't have a gas stove, simply put the tortillas under your broiler for a minute on each side – again, until it starts to bubble a bit.
- ◆ You can also warm the tortillas on your stovetop in a skillet over high heat for a few seconds on both sides.
- ◆ This method works with gas and electricity – no oil is needed.



3

- 🔗 Now take your flour tortillas and sear them on the top of your stove – if you have a gas stove, that is. Using tongs, flip the tortillas onto the other side after a few seconds – you'll know when it needs to be flipped when it starts to bubble & create golden brown spots.

Any longer than that, they will burn.

4

- 🔗 Take your seared tortilla to the serving plate and line them with some sliced cheese.
- 🔗 For this wrap, I like a cheese that isn't too strong in flavor – cheddar, fontina, or gouda is great

5

- 🔗 Layer some of your reduced Chowder & sturdy greens on top of the cheese as in – Iceberg or Romaine.
- 🔗 If you would like, top the filling with some salsa & sour cream – OR you can keep those for dipping on the side.
- 🔗 **Wrap it all up** - Grip it tightly together as you roll them. That way, they will stick together nicely for you.

Look how simple. It's time to assemble...

Once you try this wrap & roll process, there's a good chance it will become a regular in your home.

You can do it with almost any filling.

**LET YOUR IMAGINATION EXPLORE
THE POSSIBILITIES!**