

Chicken & Sausage Gumbo

- ❖ 1 lb cut sausage
- ❖ 4 skinned bone-in chicken breasts
- ❖ Vegetable oil
- ❖ ¾ cup all-purpose flour
- ❖ 1 medium onion, chopped
- ❖ 1 green bell pepper, chopped
- ❖ 2 celery ribs, sliced
- ❖ 2 quarts hot water
- ❖ 3 garlic cloves, minced
- ❖ 2 bay leaves
- ❖ 1 tbsp Worcestershire sauce
- ❖ 2 tsp Creole seasoning
- ❖ ½ tsp dried thyme
- ❖ ½ to 1 tsp hot sauce
- ❖ Small can tomato paste
- ❖ 1 can cut or crushed tomatoes
- ❖ 4 green onions, sliced
- ❖ Okra (optional)
- ❖ File powder (optional)
- ❖ Sugar to taste (optional)



1. Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.
2. Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set chicken aside.
3. Add enough oil to drippings in Dutch oven to measure ½ cup. Add flour, and cook over medium heat, stirring constantly, 30-45 minutes, or until roux is chocolate colored.
4. Stir in onion, bell pepper, and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water, and bring mixture to a boil; add chicken, garlic, and next 7 ingredients. Reduce heat to low, and simmer, stirring occasionally, 1 hour. Remove chicken; let cool.
5. Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook for 30 more minutes.
6. Bone chicken, and cut meat into strips; return chicken to gumbo, and simmer 5 minutes. Remove and discard bay leaves.
7. Remove gumbo from heat. Sprinkle with file powder and sugar, if desired. The sugar is just to cut the tomato if you feel it is too strong. Serve over hot cooked rice. Garnish chopped green onions, if desired.