

Chicken and Sausage Gumbo

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- 1/2 cup butter or oil
- 1/2 cup flour
- 1 bag frozen peppers and onions (*or 1 cup diced onion, 1/2 cup green pepper, 1/4 cup red pepper, 1/4 cup yellow pepper*)
- 4 stalks celery diced
- 8 cups chicken stock
- 1 (8oz can) tomato sauce
- 2 (14oz cans) diced tomatoes
- 2 cups okra cut into 1 inch slices (just buy frozen)
- 1 lb. cooked chicken (diced)
- 1/2 lb. sausage (Andouille or smoked) diced (I used Mild Italian and it worked great)
- 2 cloves garlic (minced)
- 2 TBSP Cajun Seasoning
- 1/2 tsp. dried thyme
- 1 bay leaf
- 1/2 tsp. file powder (on spice isle also called ground sassafras leaves)
- Salt to taste

Directions

Don't be overwhelmed by the amount of ingredients! This is very easy!

Heat butter or oil in a large pot over medium-high heat and add flour. Cook and stir until mixture is the color of an old copper penny; nice and dark.

Add onion, celery and peppers. Cook for several minutes until they begin to sweat and smell great!

Add Chicken stock slowly while stirring and bring to a boil. Reduce heat and simmer until veggies are tender about 20 minutes.

Add all tomato products and simmer for another 10 minutes.

Now throw in the chicken, sausage, okra, and all seasonings except for the File' powder.

Bring to a boil, reduce heat and simmer 15 minutes.

Turn heat off and add file' powder; stir well, remove bay leaf and serve over cooked rice.

Makes at least 6-8 servings!

For seafood gumbo: Use 1/2 lb. shrimp and 1/2 lb. scallops in place of chicken. Add during the last 15 minutes of cooking. Use fish stock if available and add 2 tsp. of old bay.