

# Gumbo Recipe

(Chicken – Shrimp – Smoked Sausage)

Ingredients you will need:

½ c flour  
½ c oil  
1 med onion – chopped  
1 green pepper – chopped  
2 c chopped celery  
1 lb okra – chopped  
2 boxes of chicken broth  
1 28oz. can diced tomatoes  
3 c cooked – diced chicken (white or dark)  
½ lb smoked sausage – sliced  
1 ½ lb cooked med. shrimp (can be frozen – thawed & detailed)  
½ c white rice – uncooked  
bay leaves  
thyme 1  
File' Gumbo  
Red pepper (cayenne) or Cajun seasoning  
Salt – pepper

Dice and chop all vegetables before you start and have chicken cooked, diced.

**Make roux:** In large pot (6-8 qt) place flour and oil over med. hi heat. Stirring constantly cook till it becomes a rich brown color. About 10 min. If roux burns start over. When roux is brown remove from heat –add vegetables all at once & cover with lid. Let sit for about 10 min. to steam. Return to med. heat - add 5 c chicken broth. Stir well.

Add – cooked chicken, sausage, diced tomatoes, salt – pepper to taste, 2 bay leaves, 1 ½ tsp. Thyme, 1 ½ - 2 Tbsp. File' Gumbo, ½ - 1 tsp. Red pepper. Add another cup or so of chicken broth. Stir well. You want your gumbo to be soupy. Simmer for 1 hour. Stir occasionally. Add ½ c uncooked white rice and shrimp. Simmer uncovered for another 45 min. Add more broth if the gumbo gets too thick. If you like your gumbo more spicy adjust the red pepper at this time.