

Gumbo

Ingredients

1/2 c Vegetable Oil	3/4 c Flour
1/3 c Green Bell Pepper (diced)	1/3 c Red Bell Pepper (diced)
1/3 c Yellow Bell Pepper (diced)	4 clv Garlic (minced)
1 Onion (diced)	2 Celery Stalks (diced)
1 T Cajun Seasoning	8 oz Andouille Sausage (cut into
half moons)	12 oz Chicken Thighs (boneless,
skinless, cut into cubes)	7 c Chicken Broth
15 oz Okra (frozen)	8 oz Shrimp (peeled and deveined)
8 oz Oysters (raw, in liquor)	1/4 c Parsley (chopped)
3 Green Onions (chopped)	

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Instructions

1. Place a dutch oven over medium high heat. Add the oil and heat until very hot. With a wooden spoon, stir in the flour and cook, stirring constantly until the color of the roux is a deep golden brown.
2. Add the onion, celery, red, yellow and green bell pepper and garlic to the roux and cook for 3-4 minutes until the vegetables are softened slightly and tender. Stir in the cajun seasoning and cook for one minute until fragrant.
3. Add the chicken and sausage and cook for an additional 4-5 minutes until the sausage is fragrant and chicken is cooked on the outside.
4. Add broth one cup at a time, mixing after each addition, so that its well blended and bring to a boil. Reduce heat to a simmer and cook with the lid slightly askew on the pot for 1 hour.
5. Stir in the okra and simmer for 30 minutes with the lid askew on the pot, for steam to escape.
6. Stir in the shrimp and oysters with their liquor and cook for 5 minutes, just until the seafood is cooked through, but not over-cooked. Remove from heat. Stir in the parsley.

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7.Ladle the gumbo into a bowl. Add a scoop of white rice on top and garnish with green onions. Serve with hot sauce.