



New Orleans in our Hearts Chicken and Sausage Gumbo

Ingredients

Prepare all ingredients in advance of cooking.

- 1/2 C vegetable oil
- 1/2 all purpose flour
- 1 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1/4 tsp salt
- 1 C diced onion
- 1 C diced celery
- 1 C diced bell pepper
- 6 C chicken broth
- 3 C roasted chicken breast (season with house seasoning - a mixture of garlic powder, onion powder, cayenne pepper, paprika, salt, black pepper, dry oregano and dry thyme-before roasting), de-boned and cut into hearty bite-sized pieces
- 1 lb sausage (andouille, pork or turkey kielbasa), diced and browned
- 4 C cooked white rice

Preparation

Make a roux: Heat vegetable oil in enameled cast iron pot.

Add flour mixed with the garlic powder cayenne pepper and salt.

Stir constantly over medium to medium high heat. Do not burn the flour.

It will slowly change color, continue cooking until it is almost chocolate brown color, about 1/2 hour.

Add onion, celery and green bell pepper. Reduce heat and sauté, stirring often to cook evenly until tender, about 7 to 10 minutes.

Add chicken broth. Heat to boil, reduce to simmer to make a thickened sauce. Add more chicken broth if needed.

Add roasted chicken breast and sausage. Simmer over low heat for 1 hour.

Season to taste with salt, black pepper and cayenne pepper.

Serve over rice.