

Chicken and Shrimp Gumbo

Yields: 8 servings Preparation Time: 45 minutes

Ingredients

½ tablespoon vegetable oil
2oz andouille sausage, diced small
4oz chicken breast, diced medium
4oz shrimp, peeled, deveined and chopped
1 onion, diced
1 green pepper, diced
2 celery stalks, diced
1 jalapeno, minced
3 tablespoons green onions, sliced
1 clove of garlic, minced
1 bag frozen okra
2 tomatoes, seeded and diced
½ cup all purpose flour
1 quart chicken broth
1 bay leaf
1 teaspoon dried oregano
1 teaspoon onion powder
½ teaspoon dried thyme
½ teaspoon dried basil
Salt and pepper
5oz cooked long grain white rice
½ tablespoon gumbo file powder



Instructions

1. Heat the oil in a large pot over medium high heat and add andouille sausage. Sauté, stirring occasionally until the sausage becomes firm, two minutes.
2. Add the chicken and sear until it begins to lose its raw appearance, two to three minutes.
3. Add the onions, peppers, celery, jalapeno, green onion, garlic, okra, and tomatoes. Sauté stirring occasionally, until the vegetables are tender and the onions are translucent, five to seven minutes.
4. Add the flour and cook for one minute, stirring occasionally. Add the chicken broth and stir to work out any lumps.
5. Add the bay leaf, oregano, onion powder, thyme, basil, salt, and pepper. Simmer for 30 minutes.
6. Add the shrimp and cooked rice and simmer for two additional minutes. Whisk in the gumbo file powder. Be sure to blend well and do not allow the soup to return to a boil, about four minutes. Remove the bay leaf and serve.