

Fall Recipe



Chicken and Smoked Sausage Gumbo

Prep Time: 20 mins **Cook Time:** 3 hrs 10 mins **Servings:** 4 portions

Ingredients:

- 2 tsp and 1 c. olive oil
- 1 lb boneless, skinless chicken thighs
- 1 lb smoked sausage, such as andouille or kielbasa, cut crosswise into 1/2-inch slices
- Cajun seasoning (to taste)
- 1 c. all-purpose flour
- 1 1/2 c. chopped onions
- 1 c. chopped celery
- 1 c. chopped bell peppers
- 1 1/2 tsp salt
- 1/4 tsp cayenne
- 3 bay leaves
- 6 c. chicken broth
- 1/2 c. chopped green onions
- 1 tbsp file powder
- 2 c. cooked rice

Instructions:

- Season chicken thighs with Cajun seasoning.
- Add 2 teaspoons of oil to large frying pan and brown chicken over medium-high heat (about 3-4 minutes per side). Remove and set aside.
- In the same pan, add sausage and brown on both sides over medium-high heat. Remove and set aside.
- Combine 1 cup of oil and flour to large cast iron or enameled cast iron Dutch oven on medium heat. Stir slowly and constantly for 20 to 25 minutes, make a dark brown roux, the color of chocolate.
- Add the onions, celery, and bell peppers and continue to stir for 4 to 5 minutes, or until wilted.
- Add the sausage, salt, more Cajun seasoning, and bay leaves. Continue to stir for 3 to 4 minutes.
- Add the chicken broth. Stir until the roux mixture is well combined. Bring to a boil, then reduce heat to medium-low. Cook, uncovered, stirring occasionally, for 2 hours.
- Shred and add browned chicken to the pot, simmer for 1 hour.
- Skim off any fat that rises to the surface as it cooks.
- Remove from the heat and stir in file powder.
- Remove the bay leaves and serve with rice with green onions sprinkled on top.

Notes:

Best served over rice. Try replacing the water with chicken stock, and then include a tablespoon of butter and a couple bay leaves while cooking. Be sure to remove the bay leaves before serving.