

Chicken Gumbo ala Jan

Makes ~12 cups

Serving Size: 1 cup

Serves: 12

Roux Ingredients

½ cup peanut oil

½ cup flour

¼ cup or ½ stick unsalted butter

Gumbo Ingredients

¾ pound beef link sausage, diced (Use 1 pound diced pork loin for a leaner choice)

2-3 pounds boneless skinless chicken thighs (or 1 whole chicken cut up, boned and skinned)

4 cups low sodium chicken broth

2 onions, diced

2 cloves garlic, minced

4 stalks of celery, diced

1 bell pepper, grilled and diced

½ bunch parsley, diced

½ bunch green onions, diced

1 – 15oz can no added salt diced tomatoes

1 teaspoon thyme

1 teaspoon sage

2 teaspoons oregano

1 tablespoon basil

1 teaspoon rosemary

1-2 bay leaves

1 tablespoon gumbo file

1 tablespoon Worcestershire sauce

1 teaspoon black pepper

1 teaspoon Louisiana hot sauce

½ teaspoon cayenne pepper (omit or to desired spiciness)

½ teaspoon white pepper (omit or to desired spiciness)

Directions

In a heavy pot or dutch oven, combine the oil and flour and stir until the oil is absorbed. Heat the mixture over medium high heat stirring constantly to brown the flour. Brown to the desired color – blonde to dark chocolate. Add the butter while stirring. When you have the desired color, remove from heat.

In a separate large pot, brown the chicken and sausage. Brown the chicken well. The browning adds flavor to the dish. Remove the chicken and dice into bite size pieces and return to the pot. Add the onions and garlic and sauté until the onions release their flavor. Add a little butter if needed for the sauté. Add the remaining vegetables and seasonings and sauté 3-5 minutes until tender.

Meanwhile, stir into the roux a cup of the chicken broth. Continue stirring until smooth. Add the roux/broth mix to the chicken and vegetables and bring to a boil. Stir in the remaining broth. Reduce heat and simmer 1 to 2 hours or to desired thickness stirring as needed. The thickness is a matter of choice. A thicker gumbo is more hearty. Adjust the seasonings. Add salt if desired. Serve over steamed brown rice. Note: Nutritional analysis was done using 1 pound of pork loin instead of the sausage.

Exchanges per serving:

4 Lean Meats, 1 Starch, 1 Fat

Nutrients per serving:

Calories: 347

Calories from fat: 167

Total Fat: 19 g

Saturated Fat: 6 g

Cholesterol: 129 mg

Sodium: 212 mg

Carbohydrate: 12 g

Dietary Fiber: 2 g

Protein: 32 g