

SoLa Seasonings Chicken and Sausage Gumbo

Prep Time: 20 minutes | Cook Time: 1 hour | Makes: 8-10 Servings

Ingredients:

½ c. Vegetable oil
½ c. All purpose flour
3 c. Onions, chopped (approx. 1 large onion)
1 c. Bell pepper, chopped
1 c. Celery, chopped
2 Cloves, garlic, minced
2 T. SoLa Cajun Seasoning (use 1T. if you want it milder)
1 T. Salt
2-3 Bay leaves
1½ c. Okra (fresh or frozen, thawed)
12 oz Smoked link turkey sausage (or Andouille, if you would like a spicier sausage), diced and sauteed
3 lbs chicken thighs, diced and sauteed
6 c. Chicken broth (reduced sodium)
3 Green onions, chopped

Directions:

To make a quick roux: Whisk vegetable oil and flour in a heat-proof 1 or 2 quart Pyrex measuring bowl. Cover and put in the microwave oven for 5-7 minutes. Check after 4 minutes and stir. Roux should be a dark caramel color when ready.

Sautee the diced chicken and sausage in a little oil. Set aside.

Transfer roux to a large pot on the stove at med-high temperature. Add onions, bell pepper, celery, garlic and SoLa Cajun Seasoning to the roux and cook until tender but not brown. Add okra, chicken, and sausage; cook 2 minutes. Pour in chicken broth; bring to a boil, then reduce to simmer for 45 minutes.

Hint: The gumbo is really better made the day before serving.

Serve over rice. Add chopped green onions on top of the gumbo.