

Cajun Chicken Gumbo

with Chicken Sausage & Okra

Gumbo is a time-honored stew from Southern Louisiana. It borrows from several culinary traditions—notably Native American, West African and French. To create the base of this dish, you'll use the “trinity” of aromatics popular in Cajun cuisine: onion, celery and bell pepper. To build the gumbo's hearty texture, you'll add okra, another hallmark of Southern cooking. Traditionally, the dish is made for social gatherings and shared. With that in mind, we're delighted to share it with you.



Ingredients

- 4 Cloves Garlic
- 1 Boneless, Skinless Chicken Breast
- 1 Chicken Sausage
- 1 Green Bell Pepper
- 1 Stalk Celery
- 1 Yellow Onion
- ¼ Pound Okra
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 1 28-Ounce Can Crushed Tomatoes
- 1 Tablespoon Cajun Seasoning
- ½ Cup Long Grain White Rice

Makes 2 Servings
About 655 Calories Per Serving

Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the chicken and sausage from the refrigerator to bring to room temperature. Peel and mince the garlic. Remove the stem, seeds and ribs of the green bell pepper. Small dice the green bell pepper and celery. Peel and small dice the onion. Cut off and discard the stems of the okra; cut the okra into ½-inch rounds.

2



Make the roux:

In a medium pot, melt the **butter** on medium heat. Add the **flour** and cook, stirring constantly, 3 to 5 minutes, or until fragrant and deep golden brown.

3



Start the gumbo:

To the pot of roux, add a drizzle of olive oil and the **green bell pepper, onion, celery and garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until the vegetables have softened.

4



Finish the gumbo:

Increase the heat to medium-high and add the **chicken breast, sausage, crushed tomatoes, rice, Cajun seasoning, okra** and **2 cups of water**; season with a little salt. Bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 15 to 18 minutes, or until the chicken and sausage are completely cooked through. Remove from heat.

5



Cut the sausage & chicken:

Remove the **cooked chicken and sausage** from the pot. Carefully slice the sausage (it will be hot). Using 2 forks, shred the chicken. (Use one fork to hold the chicken steady on the cutting board. Use the other fork to tear the chicken into small pieces.)

6



Plate your dish:

Return the **sliced sausage and shredded chicken** to pot of gumbo. Stir to combine and season with salt and pepper to taste. Divide the gumbo between 2 bowls. Enjoy!