



## CHICKEN & SAUSAGE GUMBO

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|---------------------------------|-----------------------------|
| 1 lb. chicken thighs            | 1 onion, diced              |
| 2 cups brown rice               | 2 green bell peppers, diced |
| 16 ounces Andouille Sausage     | 1 tablespoon dried parsley  |
| 8 cups chicken broth            | 5 minced garlic cloves      |
| 14 ounces fire-roasted tomatoes | 1 teaspoon dried basil      |
| 1 ½ cups celery, chopped        | 1 teaspoon thyme            |
| 2 teaspoons Cajun seasoning     | 1 tablespoon pepper         |
| 2 tablespoons olive oil         | 1 teaspoon paprika          |
| ½ cup all-purpose flour         | 2 bay leaves                |
| ½ cup grape seed oil            |                             |

- 1 Preheat oven to 425°F. Cut up chicken thighs into small bite sized pieces. Place in a small bowl with Cajun seasoning and olive oil. Place on a sheet pan lined with foil and place in oven for 25 minutes.
- 2 While the chicken is cooking, dice up celery, jalapeño and bell pepper. Place all in one bowl. It is important to cut and prepare the veggies before making roux so you have these ingredients ready.
- 3 In a large heavy bottomed pot on medium-low, add in grape seed oil and get the oil warm (2 min. on the stove). Then, slowly whisk in flour. Switch to a wooden spoon and stir continuously for 15 min. until roux becomes a dark brown color (think chocolate). Keep watch on the roux - it can burn.
- 4 Remove chicken from the oven and set aside. When roux reaches desired color, add in celery, jalapeño, onion, and pepper. Stir until vegetables are tender (~10 minutes). Add garlic.
- 5 Whisk in chicken broth, reduce heat to a simmer and add in tomatoes, dried parsley, basil, thyme, pepper, paprika, and bay leaves. Stir and allow mixture to come to a simmer. Add in chicken and sausage.
- 6 Simmer over low heat for 1-3 hours. This is a key step so the flavors meld and roux can develop. Serve with cooked brown rice on top and garnish with green onions or parsley.