



Andouille and Roasted Squash Gumbo

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille coarsely chopped
- 1 bottle lager beer
- 32 ounce canned tomatoes canned
- 2 ribs celery with leafy tops, chopped
- 2 cups chicken stock see
- 1 fresno chile pepper thinly sliced
- 0.3 cup flour all-purpose
- 1 large bay leaf fresh

- 2 tablespoons thyme leaves fresh finely chopped
- 4 cloves garlic thinly sliced
- 1 bell pepper green chopped
- 4 servings hot sauce
- 4 servings nutmeg freshly grated
- 8 ounces okra fresh frozen sliced
- 1 onion chopped
- 1.5 pounds pumpkin diced peeled
- 4 servings salt and pepper black freshly ground
- 4 servings scallions sliced for garnish
- 1 teaspoon paprika smoked sweet
- 0.3 cup vegetable oil

Equipment

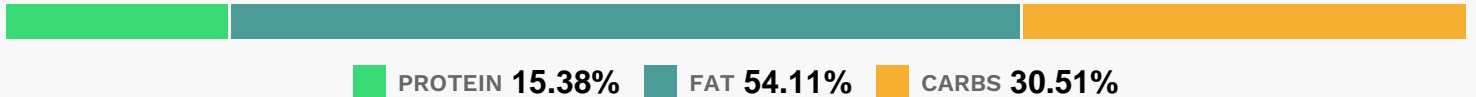
- bowl
- baking sheet
- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place the squash on a baking sheet and spray with the olive oil spray and season with salt, pepper and nutmeg. Roast until tender and brown at the edges, 20 to 25 minutes.
- Heat a soup pot over medium-high heat.
- Add a drizzle of oil and the sausage, cook until brown, then remove.
- Add the remaining oil, some black pepper, flour and paprika, and stir. Cook until brown and very fragrant, 20 minutes.
- Add the celery, onions and bell peppers, season with salt and pepper and soften, 5 minutes.

- Add the okra, thyme, garlic, bay leaf and chile peppers, stir a few minutes more.
- Add the stock, beer and tomatoes and the hot sauce, to taste.
- Add the sausage back to the gumbo, simmer to thicken, 20 to 30 minutes.
- Add the squash and stir to combine. Cool and store for a make-ahead meal. Reheat over medium heat.
- Serve in shallow bowls and top with the scallions.

Nutrition Facts



Properties

Glycemic Index:130.88, Glycemic Load:14.46, Inflammation Score:-10, Nutrition Score:50.303043365479%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.92mg, Quercetin: 18.92mg, Quercetin: 18.92mg, Quercetin: 18.92mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 861.06kcal (43.05%), Fat: 52.51g (80.78%), Saturated Fat: 13.92g (87%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 54.02g (19.64%), Sugar: 21.26g (23.62%), Cholesterol: 101.12mg (33.71%), Sodium: 1432.53mg (62.28%), Alcohol: 3.32g (100%), Alcohol %: 0.46% (100%), Protein: 33.59g (67.17%), Vitamin A: 19809.46IU (396.19%), Vitamin C: 120.43mg (145.97%), Vitamin K: 88.1µg (83.91%), Manganese: 1.6mg (80.15%), Vitamin B3: 15.84mg (79.2%), Vitamin B6: 1.3mg (65.06%), Potassium: 2231.05mg (63.74%), Vitamin B1: 0.93mg (62.23%), Vitamin E: 8.42mg (56.1%), Fiber: 12.6g (50.4%), Selenium: 33.57µg (47.95%), Magnesium: 188.66mg (47.17%), Copper: 0.87mg (43.73%), Iron: 7.86mg (43.67%), Phosphorus: 427.92mg (42.79%), Folate: 166.05µg (41.51%), Vitamin B2: 0.63mg (37.02%), Zinc: 4.55mg (30.35%), Calcium: 272.3mg (27.23%), Vitamin B5: 2.54mg (25.37%), Vitamin B12: 1.13µg (18.81%), Vitamin D: 1.59µg (10.58%)