



Chicken and Sausage Gumbo

 Dairy Free

READY IN



195 min.

SERVINGS



10

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille smoked cut into 1/2" rounds
- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 celery stalks finely chopped
- ☐ 10 servings rice steamed
- ☐ 1 teaspoon filé powder plus more
- ☐ 1 cup flour all-purpose

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 2 bell peppers green finely chopped
- ☐ 1 teaspoon hot sauce (preferably Crystal)
- ☐ 1 tablespoon kosher salt plus more
- ☐ 8 cups low-salt chicken broth
- ☐ 2 cups okra fresh frozen divided thawed
- ☐ 2 medium onions finely chopped
- ☐ 1 teaspoon paprika
- ☐ 4 scallions dark white separated thinly sliced (and pale parts from)
- ☐ 3 pounds chicken thighs boneless skinless
- ☐ 0.5 cup vegetable oil ()
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve

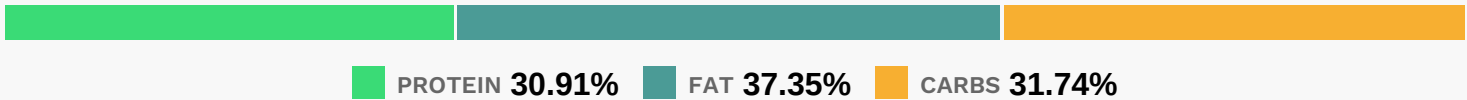
Directions

- ☐ Combine 1 tablespoon salt and next 3 ingredients in a small bowl; sprinkle all over chicken.
- ☐ Heat 1/2 cup oil in a large heavy pot over medium heat. Working in batches, sear chicken until golden brown, about 5 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add sausage to pot; cook until browned, about 4 minutes per side.
- ☐ Transfer to plate with chicken.
- ☐ Strain drippings from pot through a fine-mesh sieve into a 2-cup heatproof measuring cup; reserve 1 cup drippings, adding more oil if needed to measure 1 cup. Wipe pot clean; return

drippings to pot.

- ☐ Heat drippings over medium heat.
- ☐ Whisk in flour.
- ☐ Whisk constantly until roux is the color of milk chocolate, 15–20 minutes. Reduce heat to low; add onions. Cook, stirring occasionally, until soft, about 10 minutes. Stir in white and pale-green parts of scallions and next 3 ingredients. Cook, stirring often, until soft, about 10 minutes.
- ☐ Slowly whisk in broth.
- ☐ Add bay leaves, thyme, and reserved chicken and sausage. Bring to a boil; reduce heat to low and simmer gently, skimming fat from surface and stirring occasionally, about 45 minutes.
- ☐ Stir in 1 cup okra, Worcestershire, and hot sauce. Simmer until chicken is very tender and flavors meld, about 45 minutes. Stir in remaining 1 cup okra; simmer until okra is crisp-tender, about 5 minutes.
- ☐ Remove from heat. Season to taste with salt. DO AHEAD: Can be made 2 days ahead.
- ☐ Let cool slightly; chill uncovered until cold. Cover and keep chilled. Rewarm gently before continuing.
- ☐ Add 1 teaspoon filé powder, if using.
- ☐ Serve gumbo over rice.
- ☐ Garnish with dark-green parts of scallions.
- ☐ Sprinkle with more filé powder, if desired.

Nutrition Facts



Properties

Glycemic Index:47.1, Glycemic Load:31.88, Inflammation Score:-7, Nutrition Score:25.213478233503%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 522.72kcal (26.14%), Fat: 21.47g (33.03%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 38.62g (14.04%), Sugar: 2.38g (2.65%), Cholesterol: 161.48mg (53.83%), Sodium: 1288.25mg (56.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.96%), Selenium: 47.41µg (67.72%), Vitamin B3: 13.13mg (65.63%), Vitamin B6: 0.94mg (46.78%), Phosphorus: 436.92mg (43.69%), Manganese: 0.78mg (39.24%), Vitamin C: 27.61mg (33.47%), Vitamin B12: 1.74µg (29.08%), Vitamin B2: 0.48mg (28.44%), Vitamin B1: 0.43mg (28.41%), Zinc: 3.93mg (26.22%), Vitamin K: 26.89µg (25.61%), Vitamin B5: 2.32mg (23.19%), Potassium: 796.3mg (22.75%), Iron: 3.2mg (17.76%), Magnesium: 69.64mg (17.41%), Copper: 0.34mg (16.77%), Folate: 54.93µg (13.73%), Fiber: 2.43g (9.7%), Vitamin A: 469.26IU (9.39%), Calcium: 67.16mg (6.72%), Vitamin E: 0.73mg (4.87%), Vitamin D: 0.5µg (3.33%)