



Chicken-Andouille Gumbo with Roasted Potatoes

 Dairy Free

READY IN



190 min.

SERVINGS



45

CALORIES



74 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 2 teaspoons cajun spice
- ☐ 1 cup celery thinly sliced
- ☐ 2 pounds chicken breast
- ☐ 48 oz chicken broth
- ☐ 0.8 cup flour all-purpose
- ☐ 2 garlic clove minced

- ☐ 1 large onion coarsely chopped
- ☐ 45 servings parsley fresh crumbled cooked chopped
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 45 servings potatoes
- ☐ 1 bell pepper red coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

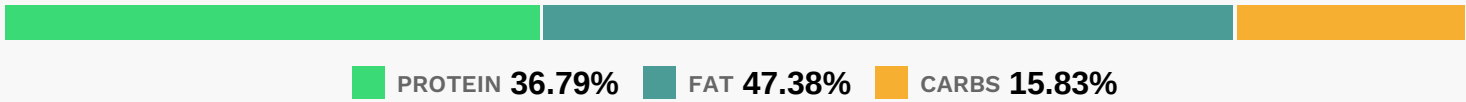
Directions

- ☐ Cook sausage in a large skillet over medium heat, stirring often, 7 minutes or until browned.
- ☐ Remove sausage; drain and pat dry with paper towels.
- ☐ Heat oil in a stainless-steel Dutch oven over medium heat; gradually whisk in flour, and cook, whisking constantly, 18 to 20 minutes or until flour is caramel-colored. (Do not burn mixture.) Reduce heat to low, and cook, whisking constantly, until mixture is milk chocolate-colored and texture is smooth (about 2 minutes).
- ☐ Increase heat to medium. Stir in onion, next 4 ingredients, and, if desired, ground red pepper. Cook, stirring constantly, 3 minutes. Gradually stir in chicken broth; add chicken and sausage. Increase heat to medium-high, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 1 hour and 30 minutes to 1 hour and 40 minutes or until chicken is done. Shred chicken into large pieces using 2 forks.
- ☐ Place Roasted Potatoes in serving bowls. Spoon gumbo over potatoes.
- ☐ Serve immediately with desired toppings.
- ☐ TRY THIS TWIST!
- ☐ Chicken-and-Shrimp Gumbo: Prepare recipe as directed through Step Stir in 1/2 to 3/4 lb. peeled and deveined, medium-size raw shrimp (3 1/40 count). Cook 5 minutes or just until shrimp turn pink.

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Serve with Roasted Potatoes and desired toppings.

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:7.5039130034654%

Flavonoids

Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 74.38kcal (3.72%), Fat: 3.89g (5.98%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.58g (0.64%), Cholesterol: 22.18mg (7.39%), Sodium: 222.08mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin K: 66.54µg (63.37%), Vitamin B3: 3.02mg (15.09%), Selenium: 9.42µg (13.46%), Vitamin C: 9.5mg (11.52%), Vitamin B6: 0.19mg (9.75%), Vitamin A: 484.5IU (9.69%), Phosphorus: 66.38mg (6.64%), Vitamin B1: 0.07mg (4.64%), Potassium: 161.95mg (4.63%), Vitamin B2: 0.08mg (4.47%), Vitamin B5: 0.41mg (4.12%), Folate: 13.66µg (3.42%), Iron: 0.61mg (3.41%), Zinc: 0.47mg (3.11%), Magnesium: 10.93mg (2.73%), Manganese: 0.05mg (2.64%), Vitamin B12: 0.15µg (2.42%), Vitamin E: 0.32mg (2.15%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.54%), Calcium: 11.37mg (1.14%), Vitamin D: 0.16µg (1.08%)