



## Chicken Okra Sausage Gumbo

 Dairy Free

READY IN



165 min.

SERVINGS



18

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb andouille sausage smoked fresh cut into bite sized pieces (if you have andouille, saute the links so they can be cut later)
- 0.5 cup add carrot and onion to bacon fat . cook diced (or 8 oz. bacon rendered down, reserve the browned bits)
- 2 bay leaves
- 1.5 cups bell pepper chopped
- 1 teaspoon pepper black
- 1 cup brown rice
- 2 teaspoons cajun spice

- 56 ounce canned tomatoes (canned)
- 1 cup celery (chopped)
- 4 lb chicken (cut into pieces)
- 3 quarts chicken stock (see)
- 1.5 cups flour
- 1.5 teaspoons thyme sprigs (fresh (or 10 -12 sprigs of thyme, 6-inch bundled))
- 4 large garlic clove (minced)
- 0.5 teaspoon garlic powder
- 2 lbs okra (frozen chopped)
- 0.5 cup olive oil
- 2 cups onion (chopped)
- 1 teaspoon salt
- 18 servings pepper (black red to taste)
- 2 cups water

## Equipment

- frying pan
- pot

## Directions

- Place the salt, black pepper, Cajun seasoning, and garlic powder, with the flour in a 1 gallon zip type bag. Wash the chicken parts and dry well.
- Sprinkle with more Cajun seasoning and allow to sit for 30 minutes at room temperature. (If you do not have bacon fat handy, use this time to render the fat from 1/2 pound of bacon.) In a large stock pot, about 12 quart, heat the olive oil and bacon fat.
- Put the chicken into the bag with the seasoned flour and shake to coat. Drop the chicken into the pan and brown it until the outside is golden. Do it in two batches if necessary. Reserve the flour mixture remaining in the bag.
- Remove the chicken and add the flour mixture from the bag to the oil. On low heat, stir the roux thoroughly. Allow it to simmer for 30-45 minutes, stirring thoroughly every 5-6 minutes

or less. Do not allow it scorch. It's better to keep the heat lower, stir more often and take the maximum amount of time then to risk scorching the roux which will make it bitter. The end result should be a smooth paste the color of mahogany, several shades darker than peanut butter. While that is browning, chop the bell peppers, onions and celery. Mince the garlic. Slice each link of sausage in half lengthwise, then lay flat on the board and slice into 3/8" slices. When the roux has become smooth and rich, add the peppers, onions, garlic, celery and sausage. Stir until the vegetables are wilted and the onions are translucent. Add the bay leaf.

- Add one can of tomatoes and their liquid and stir well. Continue adding the second can of tomatoes, the stock and water slowly, stirring well between each addition to prevent lumps. Bring to a boil. Return the chicken to the pot and allow to simmer until the chicken is falling off the bone, about 40 minutes, stirring occasionally.
- Remove the chicken and set aside to cool so the meat can be removed from the bones.
- Add the sliced okra, the thyme and the rice. Allow to cook on low heat for 40 minutes or until the rice is done. Adjust the seasonings with salt, pepper and cayenne.

## Nutrition Facts



■ **PROTEIN 19.82%**
■ **FAT 48.99%**
■ **CARBS 31.19%**

### Properties

Glycemic Index: 25.21, Glycemic Load: 13.41, Inflammation Score: -9, Nutrition Score: 23.289130293805%

### Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.24mg, Quercetin: 14.24mg, Quercetin: 14.24mg

### Nutrients (% of daily need)

Calories: 447kcal (22.35%), Fat: 24.61g (37.86%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 30.5g (11.09%), Sugar: 8.81g (9.78%), Cholesterol: 68.93mg (22.98%), Sodium: 731.58mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Manganese: 1.12mg (56.21%), Vitamin B3: 10.17mg (50.85%), Vitamin C: 38.66mg (46.86%), Vitamin B6: 0.69mg (34.55%), Vitamin B1: 0.46mg (30.66%), Selenium: 20.33µg (29.04%), Phosphorus: 261.66mg (26.17%), Potassium: 871.18mg (24.89%), Vitamin K: 25.1µg (23.91%), Vitamin A: 1166.87IU (23.34%), Vitamin B2: 0.39mg (23.05%), Magnesium: 89.19mg (22.3%), Folate: 85.33µg (21.33%), Copper: 0.41mg (20.5%), Iron: 3.43mg (19.05%), Fiber: 4.76g (19.04%), Zinc: 2.39mg (15.95%), Vitamin E: 2.16mg (14.39%), Vitamin B5: 1.28mg (12.83%), Calcium: 100.25mg (10.02%), Vitamin B12: 0.4µg (6.62%),

Vitamin D: 0.61µg (4.09%)