



Chicken-Tasso-Andouille Sausage Gumbo

 Dairy Free

READY IN



300 min.

SERVINGS



20

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille smoked
- ☐ 1 teaspoon pepper black
- ☐ 2 large rib celery stalks chopped
- ☐ 128 oz chicken broth
- ☐ 4 pounds chicken thighs
- ☐ 20 servings rice hot cooked
- ☐ 1.5 teaspoons thyme dried
- ☐ 1 cup flour all-purpose

- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 large garlic clove minced
- ☐ 2 large bell pepper green chopped
- ☐ 20 servings spring onion sliced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 4 medium onion chopped
- ☐ 1 cup vegetable oil
- ☐ 1 pound ham smoked

Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

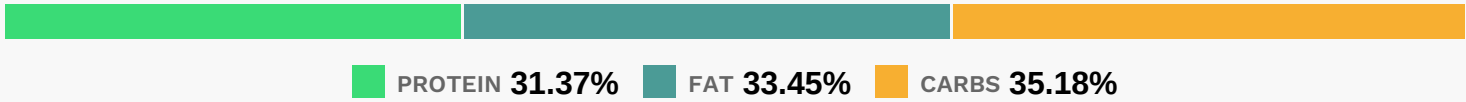
Directions

- ☐ Cut first 3 ingredients into bite-size pieces.
- ☐ Place in a large Dutch oven over medium heat, and cook, stirring often, 20 minutes or until browned.
- ☐ Drain on paper towels. Wipe out Dutch oven with paper towels.
- ☐ Heat oil in Dutch oven over medium heat; gradually whisk in flour, and cook, whisking constantly, 25 minutes or until mixture is a dark mahogany.
- ☐ Stir in onions and next 3 ingredients; cook, stirring often, 18 to 20 minutes or until tender. Gradually add broth. Stir in chicken, sausage, tasso, thyme, and black and red ground peppers.
- ☐ Bring mixture to a boil over medium-high heat. Reduce heat to medium-low, and simmer, stirring occasionally, 2 1/2 to 3 hours. Stir in parsley.
- ☐ Remove from heat; serve over hot cooked rice.
- ☐ Garnish, if desired.
- ☐ Shrimp-Tasso-Andouille Sausage Gumbo: Omit chicken thighs and proceed with Steps 1, 2, and Proceed with Step 4, stirring in 4 lb. medium-size raw shrimp, peeled and, if desired,

deveined, the last 15 minutes of cooking.

 Philip Elliott, Baton Rouge, Louisiana

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:28.04, Inflammation Score:-5, Nutrition Score:17.384782817053%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 370.17kcal (18.51%), Fat: 13.5g (20.77%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 30.55g (11.11%), Sugar: 2.35g (2.61%), Cholesterol: 116.8mg (38.93%), Sodium: 1225.59mg (53.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Selenium: 32.49µg (46.41%), Vitamin K: 38.31µg (36.49%), Vitamin B3: 7.04mg (35.22%), Phosphorus: 308.59mg (30.86%), Manganese: 0.61mg (30.56%), Vitamin B6: 0.6mg (29.78%), Vitamin B2: 0.37mg (21.49%), Vitamin C: 17.54mg (21.26%), Zinc: 2.93mg (19.55%), Vitamin B1: 0.27mg (17.94%), Vitamin B12: 0.96µg (15.99%), Vitamin B5: 1.6mg (15.97%), Potassium: 481.43mg (13.76%), Magnesium: 49.4mg (12.35%), Iron: 2.19mg (12.18%), Copper: 0.24mg (11.97%), Folate: 29.85µg (7.46%), Fiber: 1.41g (5.63%), Vitamin A: 255.29IU (5.11%), Calcium: 43.58mg (4.36%), Vitamin E: 0.58mg (3.85%), Vitamin D: 0.25µg (1.66%)