



## How to Make a Louisiana Style Gumbo

 Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup flour
- 12 oz beer canned (I prefer Michelob Ultra)
- 1 bell pepper diced
- 1 bell pepper diced
- 0.3 cup cajun spice for some flavor you can kick things up by adding an additional 1/4 cup of seasoning to make it a full 1/2 cup of cajun seasoning.
- 10 oz canned tomatoes diced with green chili peppers (with juice) canned
- 14.5 oz canned tomatoes (diced with juice) canned
- 6 stalks celery diced

- 43.5 oz chicken broth canned
- 3 chicken breast strips/pre-cooked/chopped cubed cooked
- 1 cup olive oil extra virgin
- 1 Tbsp filé powder
- 1 Tbsp garlic powder
- 2 Tbsp parsley
- 1 package sausage cooked sliced
- 1 onion diced sweet

## Equipment

- pot

## Directions

- To get started with this dish you will want to get two pots of water boiling and cook your chicken breasts in one and your sausage in the other. I usually boil my chicken breasts for 15-20 minutes until the juices run clear when cut into, then cube them. For the sausage, slice it into bite sized pieces and boil for 10 minutes. Set aside after cooking to use later with the gumbo.
- The roux is the most important part of a gumbo. If you don't get the roux right, you are probably not going to like your gumbo. There are many recipes you can try for a roux, but this is probably going to be one of the best you have ever had if you are a true gumbo fan.
- Let's get started making the gumbo.
- Over medium heat in a large pot, add your olive oil. Allow to warm for a minute, and then add in the flour. Stir constantly until all of the flour has dissolved and the mixture has a lot of tiny bubbles. Once you have reached that consistency it's time to add in your garlic powder. Allow to bubble, constantly stirring for one minute.
- Gradually stir in the chicken broth and the beer, stirring constantly until the mixture comes to a slow simmer.
- Add the celery, all tomatoes, onion, bell pepper, parsley, and cajun seasoning. Reduce heat to a slow simmer, cover, and continue to simmer for 40 minutes, stirring often.
- Mix the chicken and sausage into the roux mixture, cover, and cook for an additional 20 minutes, stirring often.

Add in the fill powder, stir well.

Once finished, serve over rice and with a side of french bread. So delicious!

## Nutrition Facts

**PROTEIN 45.15%** **FAT 33.82%** **CARBS 21.03%**

### Properties

Glycemic Index:36.75, Glycemic Load:9.33, Inflammation Score:-9, Nutrition Score:25.925217391304%

### Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Taste

Sweetness: 22.84%, Saltiness: 100%, Sourness: 31.82%, Bitterness: 51.58%, Savoriness: 70.75%, Fattiness: 76.68%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 465.37kcal (23.27%), Fat: 16.99g (26.15%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 19.88g (7.23%), Sugar: 6.38g (7.09%), Cholesterol: 105.59mg (35.2%), Sodium: 752.25mg (32.71%), Alcohol: 1.33g (7.37%), Protein: 51.04g (102.08%), Vitamin B3: 12.44mg (62.22%), Selenium: 42.48µg (60.68%), Vitamin A: 2625.67IU (52.51%), Vitamin C: 40.23mg (48.77%), Vitamin B6: 0.87mg (43.71%), Phosphorus: 380.77mg (38.08%), Vitamin K: 32.24µg (30.71%), Zinc: 4.17mg (27.78%), Iron: 4.56mg (25.36%), Vitamin B12: 1.42µg (23.6%), Potassium: 776.48mg (22.19%), Vitamin E: 3.28mg (21.85%), Vitamin B2: 0.36mg (21.44%), Magnesium: 71.5mg (17.87%), Manganese: 0.35mg (17.7%), Folate: 68.61µg (17.15%), Vitamin B1: 0.23mg (15.57%), Fiber: 3.89g (15.57%), Copper: 0.29mg (14.52%), Vitamin B5: 1.01mg (10.05%), Calcium: 77.79mg (7.78%), Vitamin D: 0.18µg (1.17%)