



One Great Gumbo with Chicken and Andouille Sausage

READY IN



40 min.

SERVINGS



10

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds andouille sausage diced
- 14 ounce canned tomatoes diced canned
- 28 ounce canned tomatoes crushed canned
- 4 ribs celery from the heart of the stalk chopped
- 1 pound chicken breast tenders diced
- 1 quart chicken stock see
- 1 pound chicken thighs diced boneless skinless white
- 0.3 cup flour all-purpose

- 2 bay leaves fresh
- 3 tablespoons thyme leaves fresh chopped
- 2 bell peppers diced green seeded
- 3 cups okra fresh frozen chopped
- 2 tablespoons olive oil extra-virgin
- 1 large onion peeled chopped
- 2 tablespoons cayenne pepper sauce hot (for mild to moderate heat)
- 2 teaspoons poultry seasoning
- 2.5 cups enriched rice to package directions white prepared
- 10 servings salt and pepper
- 8 scallions thinly sliced
- 3 tablespoons butter unsalted

Equipment

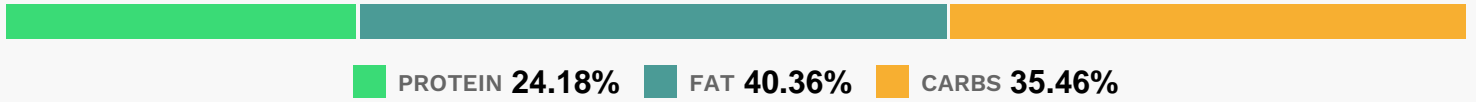
- frying pan
- pot
- ice cream scoop

Directions

- Preheat a large heavy bottomed pot over medium high heat.
- Add 1 tablespoon oil, 1 turn of the pan, and 1 pound of the diced chicken. Season with salt and pepper and a sprinkle of poultry seasoning. Brown on all sides, about 2 or 3 minutes. Chop your veggies while it's working.
- Add half the andouille to the pan and cook another 1 to 2 minutes.
- Transfer chicken and sausage to a dish and repeat with remaining chicken and sausage, remembering to season the diced chicken as you go. Return pan to heat and add butter. When the butter melts, add chopped celery, peppers, onion and bay. Season with salt, pepper and hot sauce. Cook 3 to 5 minutes to begin to soften veggies.
- Add flour and cook for 2 minutes. Slowly stir in the broth and bring liquid up to a boil.

- Add okra, chicken and sausage to the boiling broth, then stir in your tomatoes and half of your fresh thyme. Bring back up to a bubble, reduce to simmer. Simmer for 5 minutes to combine flavors and adjust your seasonings.
- Serve gumbo with chopped thyme and scallions to garnish. Scoop cooked white rice into the center of bowlfuls of gumbo using an ice cream scoop. Enjoy!

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:27.55, Inflammation Score:-10, Nutrition Score:33.135651940885%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

Nutrients (% of daily need)

Calories: 664.42kcal (33.22%), Fat: 29.93g (46.04%), Saturated Fat: 9.8g (61.27%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 53.72g (19.54%), Sugar: 9.54g (10.6%), Cholesterol: 142.5mg (47.5%), Sodium: 1141.88mg (49.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.7%), Vitamin B3: 15.93mg (79.63%), Selenium: 50.19µg (71.71%), Vitamin B6: 1.17mg (58.37%), Manganese: 1.15mg (57.31%), Vitamin C: 44.83mg (54.34%), Phosphorus: 439.6mg (43.96%), Vitamin K: 45.17µg (43.02%), Potassium: 1234.05mg (35.26%), Vitamin B1: 0.51mg (34.32%), Vitamin B2: 0.48mg (28.46%), Copper: 0.54mg (27.16%), Vitamin A: 1344.49IU (26.89%), Vitamin B5: 2.63mg (26.34%), Zinc: 3.95mg (26.32%), Iron: 4.66mg (25.9%), Magnesium: 101.79mg (25.45%), Vitamin E: 3.38mg (22.53%), Fiber: 5.44g (21.76%), Vitamin B12: 1.05µg (17.58%), Folate: 66.18µg (16.54%), Calcium: 122.01mg (12.2%), Vitamin D: 1.06µg (7.07%)