

Chicken and Seafood Gumbo

Serves: 5-6 portions

Ingredients	Amounts
Creole seasoning (Zatarain's or Tony Chachere's preferred- others brands can be used)	1 Tbsp
Chicken breast, boneless, skin-on or skinless, diced	1 lbs
Lump crab meat, canned (optional)	½ to 1 lb
Shrimp, medium, deveined, peeled	1 lb
Vegetable Oil	4 Tbsp
ROUX:	
Vegetable Oil	½ cup
Flour	½ cup
Onions, medium dice	2 ½ cups
Celery, medium dice	1 cup
Green bell pepper, medium dice	1 cup
Garlic, chopped	2 Tbsp
Tomatoes, diced, canned/fresh	1 ½ cups or 1-14.8 oz can
Okra, fresh or frozen, cut into pieces	¼ lb
Low Sodium Chicken/Veggie or Seafood stock	5-6 cups
Bay Leaves	2 each
Green onion, sliced	¼ cup
Long grain white rice, cooked	2 cups

Procedures:

1. Heat 4 Tbsp of oil in a large, heavy pot over medium heat. Season the chicken and seafood with the Cajun/Creole seasoning and brown in the pot. Add the sausage and continue stirring and cooking for about 7 minutes or until browned and remove meats from the pot and reserve.
2. To make the roux, heat the remaining ½ cup of oil in pot heat over medium to medium high heat. Slowly stir in the flour and continue stirring until roux reaches a medium to dark brown color, (similar color to milk chocolate)
3. Add the onions and cook until translucent for about 3-5 minutes over medium heat, add garlic, celery, bell peppers, tomato and bay leaves to the pot; continue to sauté for about 5 minutes. Add the chicken stock and bring to a simmer.
4. Add the cooked chicken and sausage. Cook the gumbo for an 30-40 minutes until the gumbo has thickened.
5. Sauté the okra in ½ tsp of oil until tender, remove, drain and add to the gumbo.
6. Adjust seasonings.
7. Serve warm over 1 cup of cooked rice.