

Chicken and sausage gumbo

Ingredients

2 large boneless skinless chicken breast halves
Salt and pepper
1/4 cup vegetable oil
1 pound smoked sausage, cut into 1/4-inch slices
1/4 cup all-purpose flour
5 tablespoons margarine
1 large onion, chopped
8 cloves garlic minced
1 green bell pepper, seeded and chopped
3 stalks celery chopped
1/4 cup Worcestershire sauce
2 TB OF PARSLEY FLAKES
4 cups hot water
5 beef bouillon cubes
1 (14-ounce can) stewed tomatoes with juice
1 tablespoon of thyme

Directions

Season the chicken with salt and pepper. Heat the oil in a heavy bottomed Dutch oven or big pot over medium-high heat. Cook the chicken until browned on both sides and remove and dice. Add the sausage already diced and cook until browned, then remove.

Let 's make the roux .

Use equal parts of flour and oil

1/4 cup of vegetable oil and 1/4 cup of all purpose flour, place in a saucepan and stir for 30-45 minutes til it looks

like the color of peanut butter then remove and add to the pot at the end once everything is done and let it simmer , also add the roux

See below

Return the Dutch oven to low heat and melt the remaining 3 tablespoons margarine. Add the onion, garlic, green pepper and celery and cook for 10 minutes. Add Worcestershire sauce, salt and pepper, to taste Cook, while stirring frequently, for 10 minutes. Add 4 cups hot water and bouillon cubes, whisking constantly. Add the chicken and sausage and thyme. Bring to a boil, then reduce the heat, add the roux and cover, and simmer for 45 minutes. Add tomatoes and . Cover and simmer for 10 minutes . Just before serving add the , parsley and stir.