

RECIPE FOR: New Orleans Style Gumbo

Prep Time: 20 min Cook Time: 1 hr Total Time: Servings: 1 stock pot

INGREDIENTS:

1 cup flour 2-6 cloves garlic Meat from 1
2/3 vegetable oil 1-2T Cajun seasoning Rotisserie Chicken
- Season like salt 2 cups pre-cooked
1 bunch Celery, diced 6-8 cups Chicken ^{stock} broth tiny Shrimps
1 Green bell pepper, diced 2 packages Andouille
1 bunch green onion, diced - cut into coins
1 bunch Fresh chopped Parsley Okra 1lb or 2 bags - Rice

COURSE:

- ☐ Starter
☒ Main
☐ Side/Snack
☐ Dessert

RESTRICTION:

- ☐ Gluten-Free
☐ Nut Free
☐ Vegetarian
☐ Dairy-Free
☐ _____
☐ _____

NOTES:

DIRECTIONS:

1. mix flour and vegetable oil on low heat in large stock pot to make roux, low and slow
2. Brown the sausage, move to bowl
3. add 1/2 cup chx stock to skillet to deglaze pot, then pour in stock pot.
4. add rest of ~~broth~~ ^{stock} then all veggies, ~~and~~ parsley, garlic, and roux to pot and stir well
5. boil veggies for 5-7 minutes, swim off foam, stir in cajun seasoning, to taste like salt
6. Add meat
7. Serve with Rice
- add salt, pepper, chicken bullion paste, garlic, or cajun seasoning to taste