



Southern Chicken and Sausage Gumbo (No Okra)

A bowl of comfort, slow-simmered with Southern soul.

Every region of the South has its own version of gumbo — and every cook has an opinion on how it should be made. Some add okra, others swear by filé powder, but all agree on one thing: gumbo is more than a recipe. It's a tradition born from blending cultures, flavors, and the art of feeding the ones you love.

This version leaves out the okra but keeps every bit of the depth and richness gumbo is known for. A slow, dark roux gives it body and soul, while smoked sausage and tender chicken bring that savory southern flavor that tastes like home on a cold night.

Ingredients

For the Roux:

- ½ cup all-purpose flour
- ½ cup vegetable oil

For the Gumbo:

- 1 large onion, finely chopped
- 1 green bell pepper, finely chopped
- 2 celery stalks, finely chopped
- 3 cloves garlic, minced
- 1 pound smoked sausage (such as andouille), sliced
- 2 chicken breasts or thighs, cooked and shredded
- 6 cups chicken stock
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne (optional, to taste)

- 1 teaspoon dried thyme
- 2 bay leaves
- 2 green onions, sliced (for garnish)
- Cooked white rice (for serving)

Instructions

1. **Make the Roux:**

In a large heavy pot or Dutch oven, whisk together the flour and oil over medium heat. Stir constantly for about 15–20 minutes until the mixture turns a deep caramel or chocolate brown. The darker the roux, the deeper the flavor — but watch it closely so it doesn't burn.

2. **Add the Holy Trinity:**

Once the roux is dark and nutty, stir in the onion, bell pepper, and celery. Cook for about 5 minutes until softened, then add the garlic and cook another minute.

3. **Add the Sausage:**

Stir in the sliced sausage and let it brown slightly in the roux and vegetables — this step builds that smoky base flavor.

4. **Add Stock and Seasonings:**

Slowly pour in the chicken stock while stirring to avoid lumps. Add salt, pepper, paprika, cayenne, thyme, and bay leaves. Bring to a simmer.

5. **Add the Chicken:**

Stir in the cooked, shredded chicken and reduce heat to low. Simmer gently for 45 minutes to an hour, stirring occasionally. The gumbo will thicken and darken as it cooks.

6. **Finish and Serve:**

Remove the bay leaves, taste and adjust seasoning. Serve hot over white rice, topped with sliced green onions.

A Southern Note

Gumbo isn't a meal you rush — it's one you share. It tells the story of the South itself: a blend of French technique, African depth, and Creole heart. Every pot of gumbo carries a bit of the cook who made it — their patience, their stories, their seasoning.

"It's the kind of meal that brings everyone to the table and keeps them there — spoon in hand, heart full, and stories flowing."