

Instant Pot Chicken and Sausage Gumbo

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

1 hr

Description

This instant pot gumbo is packed with Creole flavors Making gumbo can be timeconsuming so speed things up by using your multifunctional pressure cooker Garnish with chopped flatleaf parsley if desired and serve over rice

Ingredients

- - 1 tablespoon vegetable oil - 1 ½ pounds skinless
- boneless chicken thighs
- chopped into bite-sized pieces - ½ pound andouille sausage
- sliced - ½ cup vegetable oil - ½ cup all-purpose flour - 1 medium onion
- chopped - 1 green bell pepper
- chopped - 2 stalks celery
- chopped - 1 tablespoon minced garlic - 4 cups chicken broth - 1 (14.5 ounce) can diced tomatoes - 1 ½ cups sliced okra - 2 teaspoons black pepper - 1 teaspoon cayenne pepper - 1 teaspoon dried thyme - 1 teaspoon Creole seasoning - 1 teaspoon Worcestershire sauce

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select Sauté function. Add 1 tablespoon oil
2. chicken
3. and sausage to the pot; cook for 6 minutes. Remove meat with a slotted spoon and set aside. Add 1/2 cup oil and flour to the pot. Whisk until roux is the color of peanut butter
4. about 10 minutes. Add onion
5. bell pepper
6. celery
7. and garlic. Cook
8. stirring continually to prevent burning
9. for 5 minutes. Turn the pot off. Add broth
10. tomatoes
11. okra
12. black pepper
13. cayenne pepper
14. thyme
15. Creole seasoning
16. and Worcestershire sauce to the pot. Stir in cooked chicken and sausage. Close and lock the lid. Select high pressure according to manufacturer's instructions and set the timer for 4 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions
17. about 5 minutes. Serve immediately.