

39Momma Made Em39 Chicken and Sausage Gumbo

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

3 hrs 55 mins

Description

Straight from my moms kitchen in St Charles Parish Louisiana Chicken sausage and okra gumbo that warms the soul

Ingredients

- - 1 (3 pound) whole chicken - ½ cup all-purpose flour - ½ cup vegetable oil - 1 (10 ounce) package frozen chopped onions - 1 (10 ounce) package frozen green bell peppers - 5 stalks celery
- finely chopped - 1 tablespoon Cajun seasoning (such as Tony Chachere's)
- or to taste - 2 whole bay leaves - 1 (28 ounce) can diced tomatoes - 1 pound fully-cooked smoked beef sausage (such as Hillshire Farm®)
- sliced - 1 (10 ounce) package frozen sliced okra - salt and black pepper to taste

Instructions

1. Fill a large pot partially with lightly salted water
2. and place the chicken in the pot. Bring to a boil
3. reduce the heat to a simmer
4. and cook the chicken until the meat is no longer pink and the juices run clear
5. about 1 hour. Remove the chicken from the broth
6. and crack open the carcass to allow the chicken to cool. Reserve the chicken broth. After the chicken has cooled enough to handle
7. pick the meat from the bones
8. and set aside. While the chicken is simmering
9. make a roux by whisking together the flour and vegetable oil in a large
10. heavy saucepan over medium-low heat. Cook and stir the mixture
11. watching constantly to avoid burning
12. until the roux is a rich chocolate brown color
13. 20 to 30 minutes. As soon as the roux has reached the desired color
14. stir in the onions
15. bell peppers
16. celery
17. Cajun seasoning
18. and bay leaves
19. and simmer
20. stirring occasionally
21. until the vegetables are tender
22. about 45 minutes. Pour in the reserved chicken broth
23. diced tomatoes
24. and beef sausage
25. and simmer
26. stirring occasionally
27. until the mixture has thickened
28. about 1 hour. Mix in the reserved chicken meat and okra
29. bring back to a simmer
30. and cook
31. stirring occasionally
32. until the okra is tender and the flavors have blended
33. 30 to 40 minutes.