



Gumbo Style Chicken Creole

Oscar · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

Delicious chicken gumbo consistency with tomato base Makes plenty to last for several days Serve over hot cooked rice and sprinkle with filé powder if desired

Ingredients

- - ¼ cup vegetable oil - ¼ cup all-purpose flour - 1 green bell pepper
- chopped - 1 medium onion
- chopped - 2 cups cooked chicken
- chopped - 1 (14.5 ounce) can diced tomatoes with green chile peppers
- with liquid - 1 (4.5 ounce) can sliced mushrooms
- drained - 2 tablespoons chopped fresh parsley - 2 teaspoons Worcestershire sauce - 3 cloves garlic
- minced - 1 teaspoon soy sauce - 1 teaspoon white sugar - ½ teaspoon salt - ½ teaspoon ground black pepper - 3 dashes hot sauce
- or to taste - ½ cup chicken broth
- or as needed (Optional)

Instructions

1. Heat oil in a large skillet over high heat. Stir in flour and cook
2. stirring constantly
3. for 5 minutes or until mixture is the color of a copper penny. Reduce heat to low and stir in bell pepper and onion. Cook 10 to 15 minutes
4. or until tender
5. stirring occasionally. Add chicken
6. tomatoes with green chile peppers
7. mushrooms
8. parsley
9. Worcestershire sauce
10. garlic
11. soy sauce
12. sugar
13. salt
14. pepper and hot sauce. Stir together
15. cover and simmer for 20 minutes. Add chicken broth or water if mixture is too thick for your liking.