

Chicken & Andouille Gumbo

Billy Hensley - Mount Carmel, TN

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Servings: 9

Preparation Time: 40 minutes

Cook time: 2 hours

2 tablespoons cajun seasoning, divided
1 teaspoon salt, divided
1/2 teaspoon pepper, divided
3 pounds bone-in chicken thighs, skin removed
2 tablespoons canola oil
1/2 cup canola oil
1/2 cup all-purpose flour
1 large onion, finely chopped
3/4 cup green pepper, finely chopped
3/4 cup sweet red pepper, finely chopped
2 ribs celery, finely chopped
4 cloves garlic, minced
4 cups water
2 cups chicken stock
1 1/2 pounds fully cooked andouille sausage links, sliced
2 tablespoons Worcestershire sauce
2 bay leaves
hot cooked rice
3 green onions, chopped

In a small bowl, mix one tablespoon of the Cajun seasoning, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Rub over the chicken.

In a Dutch oven, brown the chicken in two tablespoons of the oil in batches. Remove the chicken from the pan.

Add 1/2 cup of oil to the same pan. Stir in the flour until blended. Cook and stir over medium-low heat for 30 minutes or until browned (do not burn).

Add the onion, peppers and celery. Cook and stir for 2 to 3 minutes or until the vegetables are tender. Add the garlic and cook 1 minute longer.

Gradually add the water and stock.

Stir in the sausage, Worcestershire sauce, bay leaves, chicken and the remaining Cajun seasoning, salt and pepper. Bring to a boil. Reduce the heat. Cover and simmer for 1 hour or until the chicken is very tender.

Remove the chicken from the pan. Cool slightly. Skim the fat from the soup and discard the bay leaves.

Shred the chicken and return to the soup. Heat through. Discard the bones.

Serve the gumbo over rice and top with green onions.

Yield: 3 1/2 quarts

Per Serving (excluding unknown items): 189 Calories; 15g Fat (72.5% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 903mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.