

# Chicken, Sausage and Seafood Gumbo

*Jill Melton  
Relish Magazine*

## Servings: 12

### SEASONING MIX

1 1/2 teaspoons salt  
1 1/2 teaspoons paprika  
1 1/2 teaspoons thyme leaves  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground black pepper  
1 1/2 teaspoons dry mustard  
1 1/2 teaspoons sugar  
3/4 teaspoon ground cumin  
3/4 teaspoon white pepper  
3/4 teaspoon onion powder

### GUMBO

2 tablespoons vegetable oil  
4 chicken thighs  
8 cups water OR chicken stock  
8 ounces andouille sausage  
1/2 cup flour  
2 cups chopped onion  
1 1/2 cups red or green bell pepper, chopped  
1 cup celery, chopped  
1/2 cup parsley, chopped  
1 pound crab meat  
1 pound shrimp

In a bowl, combine the ingredients for the seasoning mix.

Heat two tablespoons of oil in a Dutch oven. Add the chicken. Saute' until browned on both sides. Remove the chicken from the pan to a large saucepan, reserving the drippings in the Dutch oven. Add eight cups of water to cover the chicken and simmer for one hour. Drain, reserving the stock. Bone the chicken, reserving the meat.

Add the sausage to the reserved drippings and saute' until browned. Remove the sausage, reserving the drippings in the Dutch oven.

Add enough oil to the drippings to equal about 1/2 cup. Heat and add the flour, 1/4 cup at a time, stirring until smooth. Cook the roux, stirring constantly, until browned and a deep caramel color, 5 to 6 minutes. Add the onion, pepper, celery, parsley and two tablespoons of the seasoning mix. (You'll have about a half cup of seasoning mix left over.) Whisk well and cook for 10 minutes.

Add the reserved stock, whisking well. Cook for 20 minutes or until thickened. Add the chicken, sausage and seafood. Cook for 10 minutes.

---

Per Serving (excluding unknown items): 202 Calories; 8g Fat (38.2% calories from fat); 22g Protein; 9g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 484mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	202
% Calories from Fat:	38.2%
% Calories from Carbohydrates:	17.2%
% Calories from Protein:	44.6%
Total Fat (g):	8g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	117mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	22g
Sodium (mg):	484mg
Potassium (mg):	381mg
Calcium (mg):	81mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	436IU
Vitamin A (r.e.):	67RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	33mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

<b>Calories</b>	202	Calories from Fat: 77
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	8g	13%
Saturated Fat	2g	9%
<b>Cholesterol</b>	117mg	39%
<b>Sodium</b>	484mg	20%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	4%
<b>Protein</b>	22g	

<b>Vitamin A</b>	9%
<b>Vitamin C</b>	14%
<b>Calcium</b>	8%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.