
Louisiana Gumbo

The Essential Southern Living Cookbook

Start to Finish Time: 40 minutes

Prepare all of the ingredients ahead for the gumbo. Watch carefully as the flour browns; if it burns, the aroma will tell. If there is a possibility the roux is burned, start over - one can never remove a burned taste from a dish.

1/2 cup peanut oil
1/2 cup all-purpose flour
1 cup sweet onion, chopped
1 cup green bell pepper, chopped
1 cup celery, chopped
2 teaspoons Creole seasoning
2 teaspoons minced garlic
3 cans (14 ounce ea) low-sodium chicken broth
4 cups cooked chicken, shredded
1/2 pound andouille sausage, cut into 1/4-inch-thick slices
1 1/2 cups frozen black-eyed peas, thawed
1 pound jumbo raw shrimp, peeled

Heat oil in a large Dutch oven over medium-high heat. Gradually whisk in the flour. Cook, whisking constantly, for 5 to 7 minutes or until the flour is chocolate-color. (Do not burn the mixture.)

Reduce the heat to medium. Stir in the onion, bell pepper, celery, Creole seasoning and garlic. Cook, stirring constantly, for 3 minutes. Gradually stir in the chicken broth. Add the chicken, sausage and black-eyed peas. Increase the heat to medium-high. Bring to a boil. Reduce the heat to low. Simmer, stirring occasionally, for 20 minutes. Add the shrimp and cook for 5 minutes or just until the shrimp turn pink.

Yield: 8 to 10 servings

Soup, Stew and Chili

Per Serving (excluding unknown items): 2407 Calories; 144g Fat (50.8% calories from fat); 225g Protein; 88g Carbohydrate; 10g Dietary Fiber; 476mg Cholesterol; 1122mg Sodium. Exchanges: 3 Grain(Starch); 29 1/2 Lean Meat; 5 Vegetable; 21 1/2 Fat; 1/2 Other Carbohydrates.