



# CHICKEN GUMBO

From the kitchen of Mom Dudley

## Ingredients:

- 1 Whole Chicken
- 1/2 lb Smoked Sausage
- 2 large Onions, chopped
- 3 cloves Garlic, chopped
- 1 Bell Pepper, chopped
- 4 - 6 Chicken Bouillon Cubes
- 2 Bay Leaves, optional
- 2 - 3 cans Whole Tomatoes,  
Optional
- 1 lb Frozen Okra, Optional
- Tony Chachere's to taste

## ROUX

- 1/2 cup Oil
- 1 cup Flour

## Directions:

Boil chicken. Remove the chicken from the broth. Cool chicken, de-bone and cube. Add sausage to broth.

Sauté the onions, garlic and bell pepper in small amount of oil or margarine. Add onions, garlic, bell pepper, tomatoes, okra, bouillon cubes and bay leaves to the broth. Bring to boil. Cook for 30 minutes on low heat while making the Roux.

Add roux mixture, being very careful, as it will steam heavily. Add de-boned chicken. Cook 15 to 20 minutes on low heat. Remove bay leaves.

Add Tony Chachere's to taste. May be topped with Gumbo File' if desired.

Serve over rice.

## ROUX

Cook in skillet or microwave until very brown, almost burnt. Add to broth and vegetables. This is the most important part of the Gumbo.