

GUMBO

“My kids love this, especially with lots of sausage.”

INGREDIENTS / DIRECTIONS

Set 1

¾ c. all purpose flour

Set 2

1 ½ - 2 lbs. low-fat smoked
sausage, sliced ¼ in. thick
1 ½ - 2 lbs. chicken tenderloins,
sliced ¼ in. thick

Set 3

1 med. onion, diced
5 cloves garlic,
minced
1 ½ c. sliced celery
1 small, green, bell
pepper, diced

Set 4

6 c. hot water
2 c. low sodium chicken broth

Set 5

2 T. Worcestershire
½ t. dried thyme
½ t. Cajun seasoning

Set 5 cont.

2 bay leaves
salt & pepper

Tools: 9 x 13 cookie sheet w/lip, non-stick spray, large pot

Preheat oven to 400 degrees.

1. Pour flour into the cookie pan, put in oven and brown for 15-20 minutes. Stir every few minutes.
2. Spray large pot with non-stick spray and sautee sausage. Remove sausage.
3. In same pot, brown the chicken, drain any liquids and set chicken aside.
4. Wipe the pot and spray with non-stick spray. Sautee onions and garlic. Add celery, bell pepper and cook to soften.
5. Sprinkle flour over veggies and stir. Gradually add in the water and broth, stirring constantly. Bring to a boil.
6. Add sausage, chicken and remaining dry ingredients and Worcestershire sauce. Bring to a boil. Reduce and simmer for 45 minutes.

Recipe from A TASTE OF GUAM by Paula Quinene of PaulaQ.com.