

CHICKEN AND SAUSAGE GUMBO

PAUL AND KRISTI GREENE



INGREDIENTS:

- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 ½ cups chopped onions
- 1 ½ cups chopped celery
- 1 cup chopped bell peppers
- 1 pound smoked sausage, such as andouille or kielbasa, cut crosswise into ½ inch slices
- 1 ½ teaspoons salt
- ¼ teaspoon cayenne
- 3 bay leaves
- 6 cups chicken broth
- 1 pound boneless chicken meat, cut into 1-inch chunks
- 1 teaspoon Rustic Rub, recipe follows
- 2 tablespoon chopped fresh parsley leaves
- ½ cup chopped green onions
- 1 tablespoon filé powder

DIRECTIONS:

1. Combine the oil and the flour in a large cast iron or enameled Dutch oven over medium heat. Stirring slowly and constantly for 20 to 25 minutes, make a dark brown roux, the color of chocolate. Add the onions, celery and bell peppers and continue to stir for 4-5 minutes, or until wilted. Add the sausage, salt, cayenne and bay leaves. Continue to stir for 3 to 4 minutes. Add the chicken broth. Stir until the roux mixture and water are well combined. Bring to a boil, then reduce heat to medium-low. Cook, uncovered, stirring occasionally, for 1 hour.
2. Season the chicken with the rub and add to the pot. Simmer for 2 hours. Skim off any fat that rises to the surface. Remove from the heat. Stir in the parsley, green onions and filé powder. Remove the bay leaves and serve in deep bowls.



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Kristi Greene, Co-Chair
Empty Bowls Project



kristigreene@live.com

RUSTIC RUB

- 8 tablespoons paprika
- 3 tablespoons cayenne
- 5 tablespoons freshly ground black pepper
- 6 tablespoons garlic powder
- 3 tablespoons onion powder
- 6 tablespoons salt
- 2 ½ tablespoons dried oregano
- 2 ½ tablespoons dried thyme

Combine all ingredients and store in an air-tight container.