

Sausage, Chicken, & Shrimp Gumbo

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Serves 6

Ingredients:

- 2 tbsp canola oil, divided
- ¾ lb andouille sausage, sliced
- 1 onion, diced
- 3 garlic cloves, minced
- 3 ribs celery, sliced
- 1 bell pepper, diced
- ½ lb okra, sliced
- 1/3 cup AP flour *
- 14 ounce can fire-roasted diced tomatoes
- 2 tbsp Cajun seasoning mix
- 1 cup cooked chicken, chopped
- ¾ lb shrimp, peeled and deveined
- 3 cups cooked brown rice
- Parsley, for garnish



Directions:

1. Heat 1 tbsp oil in a large saucepan or Dutch oven over medium high heat. Add in andouille sausage and sauté until brown. Remove from pan with a slotted spoon.
2. If needed, add in remaining tbsp oil. Add onions, and cook about 2 minutes, until translucent and browning. Stir in garlic. Add celery, bell pepper, and okra. Cook an additional 3-4 minutes.
3. Add flour and stir to coat. Let cook about 2-3 minutes, and then add tomatoes, Cajun seasoning, chicken and sausage. Use ½ cup water to deglaze the bottom of the pan, and then add in an additional 2 cups water. Bring to a boil, reduce heat, and simmer 25 minutes.
4. Add in shrimp. Let cook about 5 minutes, until pink and opaque.
5. Serve gumbo over brown rice and garnish with parsley. Enjoy!

*To make gluten-free, use gluten-free flour

