

Chicken, Sausage, Shrimp Gumbo



Serves 12

Ingredients:

- 3 pounds chicken
- 1 tablespoon butter
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes

- 1/2 (10 ounce) can diced tomatoes with green chilies, undrained
- 2 cups sliced andouille sausage
- 2 cups sliced okra
- 1/2 teaspoon cayenne pepper
- Salt and pepper to taste
- 2 teaspoons filé powder
- 1 cup uncooked medium shrimp, peeled and deveined

Instructions:

1. Place chicken in a large pot; add enough water to cover. Cover pot and bring to a boil; reduce heat to medium-low and simmer until meat falls off the bone, about 90 minutes. Remove chicken, let cool, and shred meat; skim broth and reserve.
2. Melt butter in a large skillet over medium heat; cook and stir onions, bell pepper, and celery until tender, about 5 minutes.
3. Stir in garlic and cook until fragrant, about 1 minute. Add diced tomatoes, tomatoes with green chilies, andouille sausage, okra, salt, pepper, cayenne pepper, and reserved broth; bring to a gentle boil over medium-high heat. Simmer until liquid is reduced by half, about 30 minutes.
4. Mix shredded chicken and shrimp into skillet; simmer until shrimp turns bright pink and okra is tender, 5 to 7 minutes. Remove skillet from heat and stir in filé powder.

Nutrition per serving: Calories 264; Total Fat 11.3 g; Saturated Fat 3.7 g; Monounsaturated Fat 4.2 g; Polyunsaturated Fat: 2.1 g; Total Carbohydrates 5.9 g; Dietary Fiber 1.8 g; Sugar Alcohols 0.1 g; Sugars 3.1 g; Protein 33.8 g; Sodium 396 mg