

Chicken Gumbo with Andouille Sausage

Yield: 11 min
Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-gumbo-recipe>

Ingredients:

- 1/3 pound bacon diced
- 3 pounds chicken thighs skin on
- salt
- 2 pounds andouille sausage
- 1/2 cup peanut oil
- 1 cup flour
- 2 green peppers diced
- 4 celery stalks diced
- 1 onion large, diced
- 4 garlic cloves minced
- 2 tablespoons tomato paste
- 1 quart chicken stock
- 1 quart water
- 1 pound okra sliced into discs
- 3 green onions chopped
- 1/2 cup fresh parsley chopped
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon celery seed
- 2 tablespoons sweet paprika
- 1 tablespoon garlic powder
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 21 grams

3. Cholesterol: 175 milligrams
 4. Fat: 58 grams
 5. Fiber: 4 grams
 6. Protein: 41 grams
 7. SaturatedFat: 16 grams
 8. Sodium: 970 milligrams
 9. Sugar: 4 grams
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