

Chicken, Sausage, & Shrimp Gumbo

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-peppers-beer-recipe>

Ingredients:

- 1/2 cup vegetable oil
- 4 italian sausage links
- 1/2 cup all-purpose flour
- 1 cup onion diced
- 1/2 cup celery diced
- 1/2 cup green bell pepper diced
- salt
- pepper
- 1 teaspoon cayenne pepper
- 1 cup beer
- 3 cups chicken stock
- 2 pounds boneless skinless chicken thighs
- 3 bay leaves
- 1 pound shrimp peeled and deveined
- cooked white rice
- gumbo file

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 410 milligrams
4. Fat: 73 grams
5. Fiber: 3 grams
6. Protein: 94 grams
7. SaturatedFat: 17 grams
8. Sodium: 1730 milligrams
9. Sugar: 6 grams

10. TransFat: 1 grams

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