

Chicken Andouille Sausage Gumbo

Yield: 6 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-chicken-stew-recipe>

Ingredients:

- 2 pounds chicken 908g boneless skinless breast and thigh recommended
- 2 quarts water 1.9L
- 1 pound okra 454g 1-inch slices, cut and frozen if fresh is not available
- 1/2 cup water 240ml to cook the okra
- 1/2 cup unsalted butter 114g
- 1/2 cup all purpose flour
- 1 1/2 cups yellow onion 206g 1/4 inch dice
- 1 1/2 cups bell pepper 230g 1/4 inch dice, green and red
- 1/3 cup celery 55g 1/4 inch dice
- 2 cloves garlic minced
- 2 cups canned tomatoes diced, 454g, 16 ounces
- 12 ounces andouille sausage 340g cooked, sliced
- 1 bay leaf dried
- 1 teaspoon thyme dried
- 1 teaspoon basil dried
- 1 teaspoon cayenne pepper or chili pepper, use less for lower spiciness
- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt
- 1 tablespoon gumbo file 5g Zatarain's

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 180 milligrams
4. Fat: 35 grams
5. Fiber: 6 grams
6. Protein: 44 grams

7. SaturatedFat: 16 grams
 8. Sodium: 1010 milligrams
 9. Sugar: 3 grams
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