

Mama Belle's Gumbo

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-katsu-curry-recipe-with-japanese-roux>

Ingredients:

- 4 quarts water
- 1/2 jar roux
- Cajun seasoning I always use Tony Chachere's. It's the best!
- 1 chicken large, cut up, If you don't want the bones, use chicken breasts and boneless thighs.
- 1 pound smoked sausage thinly sliced
- 12 ounces tasso smoked, thin sliced
- 1 onion large, chopped
- 1 bell pepper chopped
- 2 pods garlic minced
- 2 stalks celery chopped
- 1/2 cup green onions chopped
- 1/2 cup parsley chopped

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 180 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 13 grams
8. Sodium: 1840 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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