

Chicken and Sausage Gumbo Goodness!

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THE *Dish*

AUGUST 19, 2020



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Dear Friends,

During COVID we've been blessed with long stays and visits with our children. Carolyn and Elizabeth came for what they thought would be two weeks and it turned into months. Eddie too has worked from here for extended periods of time. Many of you have experienced the same.

An added benefit to this time together is that all of our children cook and took turns preparing a few of their favorites. As mentioned in an earlier newsletter, Elizabeth has been cooking a lot from *the Defined Dish* and has gotten me hooked!

One recipe that I've really enjoyed is the Chicken and Sausage Gumbo. I served over July 4th and have made a couple of times since. While I don't like heavier stews and soups in the summer, this one seems just right especially for rainy days at Grandfather. I'm sharing the recipe with a few modifications. I slice the andouille or kielbasa vertically before slicing into half-moon pieces. I also sauté as I like it browned and a little crispy. I substitute red bell pepper for the green. Just don't like green bell pepper and I rarely use in anything. Finally, I have increased all the ingredients to make a bigger batch so I can freeze whatever is leftover ... if any left!



Enjoy over rice with Jalapeño Cornbread and you have the perfect simple supper!

From our home to yours,

*Dee Dee*

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## Chicken and Sausage Gumbo

Serves 12

Adapted from *the Defined Dish*

### INGREDIENTS

24 oz andouille sausage or kielbasa

4 cups sliced, frozen Okra

Salt and pepper

2 cups diced onion

1½ cups diced celery

2 cups diced red bell pepper

1 tsp cayenne pepper

½ tsp dried thyme  
4 cloves garlic, minced  
2 tbsp tomato paste  
8 – 10 cups chicken broth  
4 tbsp arrowroot  
4 cups cooked and pulled chicken



[Printer-Friendly Recipe](#)

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*“We made the cornbread and it was a HIT!  
Thanks for the recipe!”*

BESS

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