

CHICKEN AND SAUSAGE GUMBO

SERVES 12

Adapted from *The Defined Dish*

Slice the andouille or kielbasa length wise and then into half moon pieces. Sauté to cook if using andouille and to brown if using kielbasa.

Toss okra with olive oil. Season with salt and pepper. Roast at 425° for 20 – 25 min.

Sauté onion, celery, red bell pepper over medium high heat until tender, approx 6 min. Add garlic, cayenne, thyme, and tomato paste and reduce heat. Simmer 2 min.

In small bowl, combine 4 tbsp arrowroot starch with 2 cups broth. Whisk to dissolve arrowroot. Add to vegetable mixture. Cook over med high heat for approx 10 min. stirring frequently. Mixture will thicken.

Add pulled chicken, andouille or kielbasa, and okra. Add add'r'l broth until you reach desired consistency.

Serve over rice or cauliflower rice.

DEEDEE'S NOTES:

- Recipe may be prepared 2-3 days in advance.
- Recipe freezes well.
- For the pulled chicken, I use a grocery rotisserie chicken, which yields 4 cups.
- The arrowroot starch may break down as soup continues to cook or is reheated. You may add more to thicken. You must dissolve in broth or water before adding to the hot soup.

INGREDIENTS

24 oz andouille sausage
or kielbasa
4 cups sliced, frozen Okra
Salt and pepper
2 cups diced onion
1 ½ 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

