



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Chicken and Sausage Gumbo

Ingredients

- 15 oz fire roasted tomatoes
- 6 cups water
- 2 cups onion, diced
- 2 cups celery, diced
- 2 cups green bell pepper, diced
- 2 bay leaves
- 2 Tbs dried parsley
- 2 Tbs creole seasoning
- 2 tsp dried thyme
- 2 Tbs smoked paprika
- 2 tsp garlic powder
- 1lb andouille sausage, sliced
- 1lb chicken thighs, cubed
- 1 cup flour
- 1 cup oil
- 1 ½ Tbs Worcestershire sauce
- 1-2 Tbs File powder
- Cooked rice
- Salt to taste

Directions

In a wide sauté pan whisk together the oil and flour over medium heat. Continue to cook the roux for another 30-35 minutes, stirring occasionally. As you cook the roux, it will darken to chocolate color and become a chocolate syrup consistency. Set aside.

In a large pot. Heat the sausage over medium high heat. Cook for about 5 minutes, stirring to cook evenly. Add the cubed chicken. Cook for about 10 minutes. Stir to cook evenly. Using a slotted spoon, transfer the sausage and chicken to a plate. Add the onion, celery, and green bell pepper to the pot. Stir to coat. Simmer until vegetables are tender. Stir in the fire roasted tomatoes, Worcestershire sauce, garlic powder, smoked paprika, thyme, creole seasoning, File powder, dried parsley, and bay leaves. Cook for 10 minutes. Stir in the roux. Return the chicken and sausage back to the pot. Stir in the water. Bring to a simmer and cook for 20 minutes. Place a large scoop of cooked rice into 4 bowls and ladle a generous amount of gumbo over the rice. Add salt to taste.