KELLY’S HOMEMADE SHRIMP SAUSAGE AND CHICKEN GUMBO

6-7 Natural Chicken Tenders Sliced or Diced as desired and seasoned with the seasonings as shown below

1 lb *(no heads)* Large Fresh Shrimp Sliced or Diced as desired and seasoned with the seasonings as shown below

2 Links (6”) Andouille Sausage Sliced or Diced as desired

1 medium Organic Yellow Onion Chopped

1 Medium Organic Red Bell Pepper Chopped

1 Medium Organic Green Bell Pepper Chopped

4-5 Stalks Organic Celery Chopped

4-5 c Organic Chicken broth

Organic Extra Virgin Olive Oil

½ c Organic All Purpose Flour

½ c Organic Jasmine Rice Cooked

1 c Frozen Okra Sliced

Worcestershire Sauce

Seasonings:

Organic All Season Salt

Organic Cayenne Pepper

Organic Garlic Powder

Organic Parsley Flakes

Organic Cracked Black Pepper

Sea Salt

In stainless steel large pot and on medium heat, sauté veggies in olive oil. *(Just a note of interest: I usually like to make sure that I have an eyeballed view of the same amount of each one of the veggies in my dishes to give it an even flavor.)* Season the veggies while simmering with the seasonings until al dente. Remove from pan and set aside. Adding more Olive Oil, sauté seasoned chicken until pink is gone. Remove from pan and set aside. To make the rue, combine Olive Oil and flour in pan. Simmer stirring occasionally until you achieve the color you want for the rue. Add olive oil as needed to keep desired texture. While simmering, add Worcestershire sauce as desired which adds a punch of flavor and a little deeper color. *(I like my rue a little on the lighter side.)* Let simmer for a bit, then add about ½ cup of chicken broth. Let simmer for a bit. Add veggies and chicken back to pan. Add rest of chicken broth and season another round with the seasonings. *(Go easy on the cayenne unless you want it to have a big spicy bite!)* Let simmer for a while. Add sausage. Let simmer for a while. Add okra and shrimp and let simmer on low for a bit. Then add rice before serving. It is ready to eat and ENJOY!

We love to pair it with shrimp po’boys! Good stuff! But honestly, on a brisk cool day, it is good all by itself!

ENJOY!

*PS: Just as a reminder, it is my preference and regular habit to use all natural and as organic as I can products in all my recipes. I am highly susceptible to pesticides; hence the organic choice is best for me. And the addition of hormones and preservatives is not good for anyone, hence the all-natural choice. And it should be mentioned that you can indeed taste the difference! So it is worth it to me!*