

Gumbo Recipe

Submitted by Amy Baker, 3rd Grade Teacher



Ingredients

- 1 ½ c oil
- 2 c flour
- 3 c chopped onions
- 1 1/12 c bell pepper
- 1 ½ c celery
- 4 tbsp fresh minced garlic
- 2 cans of beer
- 12 c chicken stock
- ½ tsp thyme
- 4 bay leaves
- 4 tbsp Worcestershire Sauce
- 2 tbsp salt
- 1 tsp Cayenne Pepper
- 1 tbsp Tony's Cajun/Creole Seasoning
- Shrimp
- 2 pkgs andouille sausage (or whatever type you like)
- 4 chicken breasts

Instructions

Brown the sausage and chicken adding the shrimp at the end. Combine the oil and flour in a pan to make a roux. You will know you have the roux correct when it is a dark copper color. Stir in bell pepper, celery, and onion. Next add the garlic and cook for about 30 seconds then add liquid, seasonings, and bring to a boil. Simmer about one hour, add meat and shrimp back in.