

# Chicken Sausage Gumbo

When Uncle Chris was just a toddler, Pa's brother-in-law was in seminary, so Nana and Pa visited him and his wife in New Orleans. Pa's sister made authentic gumbo using a recipe that a local had shared with her. Nana has used this same recipe, with her changes, ever since. If you need instructions for cooking a whole chicken, you can look at Nana's chicken and dressing recipe.

## Ingredients

2 ½ - 3-pound whole chicken *(Save chicken broth.)*  
½ cup oil  
½ cup flour  
1 cup bell peppers  
1 cup onions  
1 teaspoon celery seed  
2 cup carrots  
1 ½ pounds Eckrich smoked sausage  
3 teaspoons salt  
1 teaspoon black pepper  
⅛ teaspoon cayenne  
2-3 tablespoons parsley  
2 bay leaves  
½ teaspoon thyme  
⅛ teaspoon powdered clove



## Instructions

- ❖ Pressure the chicken in water. *(For more details on cooking a whole chicken, look at Nana's chicken and dressing recipe.)*
- ❖ When cooled, remove meat from the bone set aside. *(Make sure to save the broth.)*
- ❖ Make a roux by cooking oil and flour until it's the color of pecans. *(You will think you have burned it!)*
- ❖ Add chopped vegetables and sauté for 10 minutes.
- ❖ Add sausage and cook for another 10 minutes.
- ❖ Add water to reserved chicken broth until you have 2 quarts of liquid. Pour into roux and sausage mixture.
- ❖ Add chicken.
- ❖ Add spices.
- ❖ Cook at least one hour, or all day if you wish.

  
*Nana's Kitchen*  
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"O taste and see that the LORD is good: blessed is the man that trusteth in him."  
Psalm 34:8