

## Main Dish

### Sausage and Chicken Gumbo

Makes 6-8 Servings

Prep Time:

Allergy Alert:

#### Ingredients

3 lbs. boneless chicken breasts  
2 onions whole  
2 green peppers  
2 red peppers  
5 lbs. sausage, sliced into bite size pieces  
1-4 Tablespoons of flour and enough water to make a roux  
2 cups instant rice  
1/2 teaspoon Cayenne Pepper  
4 stalks Celery chopped  
7 cups chicken or vegetable broth

#### Slow Cooker Instructions

Ready for testing and writing

#### Dutch Oven Instructions

Cooking Time: 60-70 minutes

Ideal Dutch Oven Size: 12"

Coals: 20 then 10 Bottom and 0 and then 10 Top

1. Cook chicken in broth until overly tender (30 minutes).
2. Remove chicken from broth, cool and either chop or shred.
3. While chopping/shredding the chicken, add sausage, celery, onions, and bell pepper to broth and simmer until vegetables are tender (20 min)
4. Add cooked chicken and continue to simmer, lidless.
5. Place 1 tablespoon of flour and mix while adding small amounts of water to create a roux.
6. Slowly pour roux into pot while mixing to add thickness and color.
7. Continue making/adding roux until desired thickness.
8. Add instant rice to Dutch Oven.
9. Cover and move 10 coals to top
10. Cook until water is absorbed and rice is tender (10 min).