

Michelle's Gumbo

Makes 6-8 servings

Ingredients

1 pound andouille sausage cut into bite sized pieces
1 pound chicken (I used thighs, but use whatever you like, just remove skin/bones and cut to bite sized pieces)
1 pound peeled deveined shrimp
1 green bell pepper chopped
1 onion chopped
2 celery stalks chopped
2 bay leaves
1/2 cup vegetable oil (plus a tablespoon or 2)
1/2 cup of flour
2 cups frozen sliced okra
2 32 oz cartons of chicken stock (or make it [homemade](#))
[Michelle's essence](#) to taste
[White spice](#) to taste
cayenne to taste (if you like)
chopped green onions to garnish

Instructions:

- Add a tablespoon of oil to a large pot or dutch over over medium heat and cook your sausage until done. Once done remove from the pot and set aside.
- In the same pot add your chicken, be sure to season. Once done remove from the pot and set aside.
- In the same pot add 1/2 cup of oil and 1/2 cup of flour to make your roux. Constantly stir to prevent burning. You want it to be a nice dark color (some call it a black roux, but you are looking for a nice mahogany color) , this will take about 20 minutes to get the right color/flavor
- Add your chopped onion, bell pepper and celery to your pot. Cook for a few minutes, until onions are translucent.
- Add the sausage and bay leaves and mix well cooking for a few minutes. Be sure to season at this stage (add the cayenne now if you are using it.)
- Slowly add your stock while stirring to incorporate everything (you may or may not use all the stock, use your judgement on desired consistency). Reduce the heat to medium low and cook for about 45 minutes to an hour.
- Add the okra and chicken and simmer for another hour.
- About 15 minutes before your hour is up add the shrimp and return to a simmer for the remainder of the cooking time.
- Taste and adjust seasoning to your liking (don't forget to remove the bay leaves!).
- Serve over rice (white or brown) and garnish with chopped green onions.