

## Ingredients

1 cup vegetable oil  
1 cup flour  
1 1/2 cups chopped onions  
1 cup chopped celery  
1 cup chopped bell peppers  
1 pound smoked sausage, such as andouille or Venison, cut crosswise into 1/2 inch slices  
1 1/2 teaspoon salt  
1/4 teaspoon cayenne  
6 cloves garlic minced  
10 oz frozen okra (I blanched fresh over the summer and froze them till I needed them)  
3 bay leaves  
6 cups water  
1 pound boneless chicken meat rough cut into 1-inch chunks  
1 pound raw shrimp  
1 teaspoon Chicken Rub (seasoning you use on chicken) I use tony's more spice  
2 tablespoons chopped parsley  
1/2 cup chopped green onions  
1 tablespoon filé powder

## Directions

1. Combine the oil and flour in a large cast-iron or enameled cast-iron Dutch oven over medium heat. Stirring slowly and constantly for 20 to 25 minutes, make a dark brown roux, the color of chocolate.
2. Add the onions, celery, and bell peppers and continue to stir for 4 to 5 minutes, or until wilted. Add the sausage, salt, cayenne, and bay leaves. Continue to stir for 3 to 4 minutes. Add the water. Stir until the roux mixture and water are well combined. Bring to boil, then reduce heat to medium-low. Cook, uncovered, stirring occasionally, for 1 hour.
3. Season the chicken with the rub and add to the pot. Simmer for 2 hours.
4. Skim off any fat that rises to the surface. Remove from the heat. Stir in the parsley, green onions, and filé powder. Add shrimp now! Any earlier and they over cook. They should be done in about 7 mins
5. Remove the bay leaves and serve over Rice

Add hot sauce as needed or Gumbo File if you want it thicker