

## Chicken and Smoked Sausage Gumbo

### Ingredients:

2 lbs. Boneless Skinless Chicken thigh meat cut into ½-inch pieces.  
2 medium onions, minced  
2 medium green bell peppers, cored and seeded, cut into ¼-inch dice  
1 pound okra, cut widthwise into quarters (frozen is also acceptable)  
2 Jalapeno peppers, ribs and seeds removed, minced  
¼ teaspoon gumbo file powder  
1 ½ teaspoon salt  
½ teaspoon ground black pepper  
2 teaspoon finely chopped fresh thyme  
6 cups chicken stock  
¾ cup chopped canned peeled tomatoes  
1 lb. smoked sausage preferably Andouille  
3 tablespoons chopped fresh flat-leaf parsley  
Oil for frying (about 3 Tbsp)  
½ cup oil for roux  
½ cup flour

### Directions:

Season chicken with Salt and Pepper. In a large skillet, cook chicken over medium heat, brown on all sides, you may have to fry the chicken in batches. Drain on paper towels.

Return skillet to high heat and add ½ cup oil. Gradually whisk in the flour, cook, whisking constantly, until the roux is dark red-brown, about 3 ½ to 4 minutes. Be careful not to let it scorch or splash on your skin.

Remove the pan from the heat and immediately add the vegetables and spices, stirring constantly until the roux stops getting darker. Place the pan over low heat and cook, stirring constantly and scraping the pan bottom well, until the vegetables are soft, about 5 minutes.

Meanwhile, bring the stock to a boil in a 5 ½-quart saucepan or Dutch oven. Add the vegetable mixture by spoonfuls to the boiling stock, stirring between each addition until the roux is dissolved. Return to a boil and scraping the pan bottom often. Reduce the heat to low, stir in the sausage and simmer for 45 minutes, stir often toward the end of the cooking time. Stir in the Chicken. Serve over dirty rice.