

Chicken & Sausage Gumbo

INGREDIENTS

- 1 lb ea white & dark meat chicken meat
- 1 lb Savoie's smoked sausage, sliced
- 1 c chopped onions
- ½ c chopped celery
- ½ c chopped green bell pepper
- 1 Tbsp minced garlic
- 7 qt chicken stock or broth
- ¾ c Savoie's Dark Roux
- 2 tsp Tabasco Pepper Sauce
- 1 Tbsp Cajun Seasoning
- 1 tsp salt
- ½ c chopped green onions
- ¼ c minced parsley
- 6 c cooked rice

DIRECTIONS

1. Chop chicken into bite-size pieces.
2. Heat a large pot, add the sliced smoked sausage, and cook until browned. Stir in the onion, celery, bell pepper, and garlic and cook for 5 minutes. Add the chicken stock and bring to a boil.
3. Add the dark roux, lower the heat and simmer for 60 minutes.
4. Add the chicken, Tabasco Pepper Sauce, and the Cajun seasoning. Simmer for an additional 30 minutes.
5. Adjust seasonings as needed. Stir in the green onions and parsley.
6. Divide the rice into 12 large bowls and ladle the gumbo over the rice.



HEALTHY SWAPS

- **Lower fat:** Use only white meat chicken. Substitute a reduced fat sausage such as Al Fresco Chicken Sausage for smoked sausage. Omit Savoie's Roux and make skinny roux by baking 1 cup flour for 60-90 minutes at 400 degrees until golden brown. Combine with cold water and simmer in a pot for 20 minutes until desired thickness and color. 330 calories. 4g fat (1g saturated fat, 85mg cholesterol.) 2,350mg sodium. 37g carbohydrates (2g fiber, 4g sugar.) 31g protein.
- **Lower carbohydrate:** Omit Savoie's Roux and make a low-carb roux by substituting $\frac{1}{3}$ cup (~1oz) whey protein isolate for flour to 1 cup of oil; cook until bubbly and desired color. Use a homemade carbohydrate-free broth. 370 calories. 28g fat (5g saturated fat, 95mg cholesterol.) 580mg sodium. 5g carbohydrates, 2g fiber, 2g sugar.) 25g protein.
- **Lower sodium:** Use salt-free Cajun seasoning, and unsalted chicken or vegetable broth. 380 Calories. 12g Fat (3.5g Saturated fat, 85mg Cholesterol.) 330mg Sodium. 37g Carbohydrates (1g Fiber, 1g Total sugar.) 30g Protein.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free flour. Ensure Cajun seasoning is gluten-free. No significant change in macros.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
12 servings per container Serving size 2 Cups (380g) Calories per serving	430	Total Fat 16g	21%	Total Carbohydrate 40g	15%
		Saturated Fat 4.5g	23%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 4g	
		Cholesterol 105mg	35%	Includes 0g Added Sugars	0%
		Sodium 230mg	10%	Protein 29g	58%
		Vitamin D 0mcg	0%	Calcium 60mg	4%
		Potassium 397mg	8%	Iron 3.5mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.