

# Duck and Andouille Sausage Gumbo

## INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large duck (about 5 pounds), cut into 8 pieces
- 2 teaspoons seasoning mix
- 3/4 cup vegetable oil
- 3/4 cup flour
- 2 cups chopped onions
- 1 cup chopped bell peppers
- 1 cup chopped celery
- 2 cups sliced andouille
- 1 tablespoon minced garlic
- Salt and cayenne pepper
- 1/2 teaspoon dried thyme
- 3 bay leaves
- 2 quarts beef stock
- 2 cups water
- 4 cups cooked white rice
- 2 tablespoons chopped green onions

## DIRECTIONS

- In a large pot, heat the 2 tablespoons of vegetable oil. Season the duck pieces with your favorite seasoning mix.
- When the oil is hot, sear the duck pieces for 2 minutes on each side. Remove the duck from the oil and set aside. Repeat with the sausage.
- Combine the remaining oil and flour in the pot. Stirring the mixture constantly for 12 to 15 minutes, making a medium brown roux, the color of peanut butter. Add the onions, bell peppers, celery, and duck and sausage pieces.
- Reduce the heat to a simmer and cook for 10 minutes. Add the garlic. Season with salt and cayenne. Add the thyme and bay leaves.
- Cook the mixture, stirring often, for 5 minutes. Add the broth and water. Bring the mixture up to a boil and reduce to a simmer. Cook for 2 hours. Ladle the gumbo into shallow bowls and garnish with the rice and green onions. Serve with crusty bread.



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## HEALTHY SWAPS

- **Lower fat:** Omit the oil in the roux, instead bake flour for 1 hour. Swap 4 duck breasts, chopped, for the whole duck. 561kcal (24.3g fat, 42.1g carbohydrates, 41.7g protein.)
- **Lower Carbohydrate:** Substitute unflavored whey protein isolate for flour, and cauliflower rice for rice. 763 kcal (58.7g fat, 19.6g carbohydrates, 40.4g protein.)
- **Lower sodium:** Swap Salt-free cajun seasoning for regular. Swap low sodium beef broth, and reduce to 4 cups. Add 4 additional cups of water seasoned with Herb-ox. 801 kcal (58.6g fat, 39.5g carbohydrates, 28.2g protein, & 606.8mg sodium.)
- **Gluten-free:** Substitute Cassava flour for regular flour. To make thicker roux, add up to ¼ tsp of xanthan gum. 806 kcal (58.9g fat, 40.6g carbohydrates, 27.6g protein.)
- **Dairy-free:** Recipe is dairy-free.

| Nutrition Facts         | Amount/serving           |                      | % Daily Value* |                | Amount/serving           | % Daily Value* |                               |     |
|-------------------------|--------------------------|----------------------|----------------|----------------|--------------------------|----------------|-------------------------------|-----|
|                         | 8 servings per container | <b>Total Fat</b> 59g |                | <b>76%</b>     |                          |                | <b>Total Carbohydrate</b> 42g |     |
| Serving size<br>2 cups  | Saturated Fat 13.7g      |                      | <b>69%</b>     |                | Dietary Fiber 2g         |                | <b>7%</b>                     |     |
| Calories<br>per serving | <i>Trans</i> Fat 0g      |                      |                |                | Total Sugars 5g          |                |                               |     |
|                         | <b>Cholesterol</b> 95mg  |                      | <b>32%</b>     |                | Includes 0g Added Sugars |                | <b>0%</b>                     |     |
| <b>810</b>              | <b>Sodium</b> 1460mg     |                      | <b>63%</b>     |                | <b>Protein</b> 30g       |                | <b>60%</b>                    |     |
|                         | Vitamin D 0.35mcg        | 2%                   |                | Calcium 62.4mg | 4%                       |                | Iron 4.2mg                    | 25% |
|                         | Potassium 671mg          | 15%                  |                |                |                          |                |                               |     |
|                         |                          |                      |                |                |                          |                |                               |     |

\*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.