

Food Babe's Organic Gumbo



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 1 hr | 7 hrs | 8 hrs | 8 |

<https://foodbabe.com/goodie-goodie-gumbo>

Roux Ingredients:

- 1 cup butter (grass fed is best)
- 1 cup stone ground whole wheat flour

Trinity Ingredients:

- 2 medium white onions, chopped
- 2 green bell peppers, chopped
- 1 bunch celery, chopped

Stock and Chicken Ingredients:

- 4 garlic cloves, chopped
- 2 cups fresh okra, chopped
- 1 whole chicken
- 1 pound andouille sausage, cooked, sliced 1" pieces
- 5 stalks fresh rosemary
- 5 stalks fresh thyme
- 10 leaves dried sage
- 6 bay leaves
- sea salt and ground pepper, to taste
- hot sauce, to taste

Instructions:

1. Making the roux: Start by placing a large frying pan on medium-low heat.
2. Add flour and oil to pan. Stirring constantly (~45 minutes). Be careful, the roux can burn if unattended for more than ~2 minutes.
3. Meanwhile... Make the stock and chicken: Heat 6 quarts of water and 1 tablespoon of sea salt in a large stock pot.
4. Rinse chicken, then salt and pepper on all sides.
5. Place whole chicken and half of herbs in pot.
6. Boil, then turn down to simmer and cover pot.
7. Cook until chicken is tender and falls off bone (~30-45 minutes).
8. Once chicken is cooked, remove chicken and strain broth removing all herbs.
9. Shred chicken in a bowl and keep 8 cups stock remaining in pot.
10. Once roux has changed color to a deep brown, add trinity and garlic.
11. Stir until vegetables begin to soften (~ 4-7 minutes).
12. Add combined roux and vegetables to stock and stir until all roux is dissolved in broth.
13. Add chicken, okra, bouquet garnish, cooked sausage to pot and bring to a boil.
14. Reduce heat and simmer for 4-6 hours.
15. Enjoy over jasmine brown rice and add hot sauce to taste.

Notes:

- All ingredients organic, andouille sausage house made with all natural humanely treated pork