

# *Cajun Blake's* **CHICKEN & SAUSAGE GUMBO**

## INGREDIENTS:

- 4 BONELESS, SKINLESS CHICKEN BREASTS (CUBED, BITE-SIZE)
- 6 LINKS SAUSAGE, FRESH OR SMOKED (SLICED, BITE-SIZE)
- 1 LARGE YELLOW ONION (CHOPPED)
- 1 BELL PEPPER (CHOPPED)
- 6 CLOVES OF GARLIC (DICED, SLICED OR MINCED)
- 3 STALKS OF CELERY (CHOPPED)
- 4 HUGE TABLESPOONS ROUX = 8 OZ (SAVOIE'S OLD FASHIONED ROUX)
- SEASONINGS (SALT, PEPPER, RAGIN' BLAZE CAJUN SEASONING)
- RICE (TO SERVE GUMBO OVER)

## DIRECTIONS:

- In a large pot, add 3-4 TBS oil and place heat on medium-high.
- Add chicken and sausage and brown for about five minutes, stirring as needed.
- Add chopped onion, bell pepper, garlic and celery. Reduce heat to medium.
- Heat and stir until vegetables wilt or become translucent, about five minutes.
- Add roux and reduce heat to low-medium. Stir as roux dissolves and coats food.
- After about five minutes, as roux thickens, add 4 QTS (16 cups) of water.
- Keep stirring and increase heat to medium-high until gumbo reaches a light boil.
- Once gentle boiling begins, cover pot with lid and reduce heat to low-medium.
- Add seasonings to taste (salt, pepper, Ragin' Blaze Cajun Seasoning)
- Cook 2-3 hours on a very low boil, stirring occasionally. Add 1-2 cups of water every hour to compensate for evaporation.
- Serve over cooked rice.

Serving Suggestion: Blake sprinkles fresh chopped green onions on top of the gumbo.