

## Shrimp, Chicken and Andouille Gumbo

Recipe by: Chef Jonathan Poyourow, MA, RD, LD

Yield: 12-14 servings

### Ingredients:

1 cup vegetable oil  
1 cup all-purpose flour  
6 large onions, diced small  
6 red bell peppers, seeded and diced small  
8 celery ribs, diced small (about 3 cups)  
16 garlic cloves, peeled and chopped (about 1½ heads of garlic)  
1 teaspoon cayenne pepper  
1 cup white wine, dry  
½ cup chopped fresh thyme  
6 bay leaves, dried  
2 28-ounce cans diced tomatoes, with juice  
2 8-ounce bottles clam juice  
4 cups low-sodium chicken broth  
4 pounds Andouille sausage, cut crosswise into ½-inch thick slices  
3 pounds boneless, skinless chicken thighs, cut into 1-inch cubes  
2 16-ounce packages sliced frozen okra  
4 pounds peeled, deveined medium shrimp  
Salt and black pepper, to taste  
Fresh Italian parsley, minced, for garnish  
Steamed rice (jasmine or long grain recommended)



### Method of Preparation:

1. In large stockpot over medium-high, heat oil until very hot and almost smoking. Add flour and stir constantly until mixture is dark reddish brown, about five minutes. Add onions, peppers, and celery, and cook until onions are soft and brown, stirring frequently, about 20 minutes. Add garlic and cayenne, and stir two minutes.
2. Add wine, thyme, and bay leaves; bring to boil, stirring occasionally. Reduce to a simmer and add tomatoes with juice, clam juice, broth, sausage, and chicken and continue to simmer until chicken is cooked through, about 15 minutes.
3. Add okra and simmer until tender, about 10 minutes.
4. Add shrimp and cook, stirring frequently, until shrimp are just opaque in center, about five minutes. Season gumbo to taste. Garnish with minced parsley and serve with steamed rice alongside.

### Nutritional Analysis:

Calories: 970  
Carbohydrates: 72 g  
Sodium: 2,230 mg  
Protein: 70 g  
Fat: 44 g  
Fiber: 9 g

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