



**NEW EPISODES
MONDAYS
AT NOON EST**

"Gumbo" Gumbo/Jambalaya

**Onions, yellow and green, chopped
Sweet peppers and green, chopped
Celery, chopped
Garlic, chopped
Okra
1/2 cup vegetable oil
1/4 cup flour
2 quarts chicken stock
1 lb smoked sausage
1 lb shrimp
8 oz crab meat
1 lb chicken breast, cubed
Ground thyme to taste
Ground oregano to taste
Salt, black pepper to taste**

Heat vegetable oil over medium heat. Stir in flour with wire whip, continuously. Be careful not to burn the roux. When the roux is a shade darker than caramel, add vegetables. Add chicken stock and simmer until it resembles a thick soup. After simmering for 10-15 minutes, add sausage, chicken and crab meat. Simmer an additional 15-20 minutes. Add shrimp and seasonings to taste.

Simmer 5-10 minutes, taste and adjust seasoning if necessary.

Gumbo not thick enough? Try Gumbo File Powder to thicken.