

Grandmother's Gumbo (favorite)

Make roux with 2 cup flour and 1 cup veggie oil. Start roux in microwave for about five minutes the switch to stove top. When finished roux should be the color of a hersey kiss.

Fill gumbo pot with about 1/3 water and boil.

Add roux and one chopped onion to boiling water, lower temperature and boil for at least one full hour!

The Gumbo:

- 1 cut-up fryer, or whatever chicken pieces you want.
- 1 lb. andouille sausage. (Sliced)
- 1 cup parsley (chopped)
- 1 cup green onions (chopped)
- Cajun seasonings.

Directions:

- Season chicken before hand with Cajun seasonings.
- Add sausage to mixture.
- Cook for another hour. If gumbo is getting to thick, add more water.
- Add chicken. Cook for 30 to 45 minutes or until chicken is tender.
- De-bone chicken.
- Add green onions and parsley.
- Cook for 5 to 10 minutes then turn off fire.
- Let gumbo set for awhile and then skim off the excess fat that rises to the top.
- Taste and adjust seasonings.
- Serve over hot rice.

Options:

Bell peppers, chopped

Celery, chopped

Garlic

Bay leaves

Thyme

Scallions

File' powder to taste

More vegi's!!!