

Yield: 6 Servings

30 Minute Chicken and Sausage Gumbo

This quick and easy 30 Minute Chicken & Sausage Gumbo Recipe for Princess Tiana is sure to please your whole family. An easy one pot meal designed to help your kids explore the flavors of New Orleans and "Eat Like A Princess!"

Prep Time	Cook Time	Total Time
5 minutes	25 minutes	30 minutes



Ingredients

- 8 oz precooked andouille sausage
- 1/3 cup flour
- 2 tbsp butter
- 2 TBSP oil
- 1 green pepper, chopped
- 3 celery stalks, chopped
- 4 garlic cloves, minced
- salt/pepper to taste (about 1/2 tsp each)
- 1 medium onion, chopped
- 1 tbsp creole spice
- 1 can diced tom
- 2 cups broth
- 1 rotisserie chicken
- 2 cups cooked brown rice
- 3 TBSP fresh chopped parsley

Instructions

1. Heat a large skillet over medium heat.
2. Place the 2 TBSP of oil into the pan and allow to warm.
3. Add the sliced sausages to the pan, and cook the sausage until browned, stirring occasionally, about 4 minutes, and then remove to a plate. Keep warm.
4. Add the butter to the skillet and allow to melt.

5. Add the onions, celery, and green pepper to the skillet and cook, stirring occasionally, for 10 minutes.
6. Add in the minced garlic and allow it to cook until fragrant, about 30 seconds.
7. Stir in the flour.
8. Add in the can of tomatoes, the cajun seasoning, and mix well to combine.
9. Slowly add in the chicken broth, about a 1/4 cup at a time, stirring to combine well before each new addition.
10. Allow to simmer for 5 minutes, stirring occasionally.
11. Add in the shredded rotisserie chicken, the sliced sausage, stirring to mix well, and allow to warm through, about 5 minutes.
12. Top with fresh chopped parsley and rice and enjoy!

Notes

- If your children find Andouille Sausage to be too spicy, you can replace with Kielbasa.
- Shorten cooking time by using pre-chopped carrots, onions and peppers found in your local grocery store (check the fresh produce and/or the freezer section!)
- You can use either **Cajun** or **Creole** seasoning here. The main difference is that you use "cajun" make sure you add 1 tsp of dried oregano to the recipe!

Nutrition Information: Yield: 6 Serving Size: 1

Amount Per Serving: Calories: 430 Total Fat: 25g Saturated Fat: 8g Trans Fat: 0g Unsaturated Fat: 14g
Cholesterol: 83mg Sodium: 650mg Carbohydrates: 28g Fiber: 2g Sugar: 3g Protein: 23g



Did you make this recipe?

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Cuisine: American / **Category:** 30 Minute Meal

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