

Chick'n & Sausage Gumbo

DEVELOPED BY: Daniel Johnson at Washington State University

Servings: 5

Serving Size: 6 oz

Ingredients	Quantity	Measure
Olive oil	1	Tablespoon
Celery, small dice	¼	Cup
Onion, small dice	¼	Cup
Red bell pepper, small dice	¼	Cup
Okra, IQF	½	Cup
Creole seasoning blend	1	Teaspoon
Tofurky chick'n	½	Pound
Tofurky sausage, sliced	1	Each
Flour	2	Tablespoons
Salt	¼	Teaspoon
Cayenne pepper	1/8	Teaspoon
Vegetable stock	3	Cups
Parsley	¼	Teaspoon

Preparation

1. Sauté the celery, onion and red bell pepper with the olive oil. Once they are sweated, add sausage.
2. After the sausage has a little color, add the flour to make a dark colored rue. It should be the color of chocolate. This should take about 15 minutes.
3. Add chick'n and then add the vegetable stock. Add the rest of seasonings and simmer for 1 hour.
4. Serve over rice and garnish with parsley.

