

The Ultimate Cajun Gumbo Recipe You'll Want to Cook Again and Again

It's loaded with proteins:



TIME
10-15 min

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INGREDIENTS

- 1/2 cup vegetable oil
- 1/2 cup all-purpose flour (for the roux)
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 6 cups chicken broth
- 1 can (14.5 oz) diced tomatoes
- 1 lb andouille sausage, sliced
- 1 lb boneless chicken thighs, cut into chunks
- 1 lb shrimp, peeled and deveined
- 1 tsp Cajun seasoning
- 1 tsp paprika
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1/2 tsp black pepper
- 1/2 tsp salt (or to taste)
- 1 bay leaf
- 1 tbsp Worcestershire sauce
- 1 tsp hot sauce (optional)
- 1/2 cup green onions, chopped
- 1/4 cup fresh parsley, chopped
- 3 cups cooked white rice (for serving)

DIRECTIONS

- 1. Make the Roux:** I start by heating the vegetable oil in a large, heavy pot over medium heat. As soon as the oil is hot, I whisk in the flour slowly. Then comes the most important part: stirring constantly. I don't walk away from the pot - not even for a second - because a good roux can go from perfect to burned fast. After about 10-15 minutes, the roux transforms into a deep, chocolate-brown color and smells nutty and rich.
- 2. SautØ the Vegetables:** Once my roux is just right, I add the chopped onion, bell pepper, celery, and garlic right into the pot. This is the holy trinity of Cajun cooking, and they bring such a beautiful base flavor to the gumbo. I cook them down for about 5 minutes until they're softened and starting to smell amazing.
- 3. Add Liquids and Meat:** Next, I pour in the chicken broth and the diced tomatoes, stirring carefully to blend everything together. I add the sliced andouille sausage and chunks of chicken thighs right into the pot. This is when the gumbo really starts to come together - you can smell the promise of something incredible.
- 4. Season and Simmer:** I season the pot with Cajun seasoning, paprika, thyme, oregano, black pepper, salt, a bay leaf, Worcestershire sauce, and a few dashes of hot sauce for a little kick. Then I let the gumbo simmer uncovered for about 30-40 minutes, stirring occasionally. This gives the flavors time to meld and deepen.
- 5. Add the Shrimp and Final Touches:** In the last few minutes, I add the peeled and deveined shrimp, along with the chopped green onions and parsley. Shrimp cook

quickly, so I only let them simmer for about 5-7 minutes - just until they turn pink and tender.

6. **Serve and Enjoy:** Before serving, I remove the bay leaf. Then I ladle the hot, savory gumbo over a scoop of warm cooked white rice. Each bowl is a little taste of Southern heaven.

SWAPS & NOTES

of warmth and depth without overwhelming the dish.

Perfect for feeding a crowd: One big pot serves a bunch of hungry people, making it perfect for family dinners or casual get-togethers.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-cajun-gumbo-recipe-youll-want-to-cook-again-and-again/>

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