

Smoky, Spicy, Soulful: The Best Chicken and Sausage Gumbo

Cajun Delight: Chicken & Andouille Gumbo Explosion ??



TIME
45 min

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INGREDIENTS

For the Chicken and Sausage:

- 1 lb chicken (any cut you like)
- 12 oz andouille sausage or smoked sausage
- 1 tbsp oil
- 3 tsp Cajun seasoning

For the Roux:

- 1 ... cups vegetable oil
- 1 cup all-purpose flour
- 64 oz chicken broth (homemade is best!)

For the Gumbo:

- $\frac{1}{2}$ cup bell pepper, diced
- $\frac{1}{2}$ cup celery, diced
- $\frac{1}{2}$ cup onions, diced
- 1 cup okra, sliced
- 1 tsp black pepper
- 2 tsp Cajun seasoning
- 3 tsp gumbo file (optional, but adds depth)
- 2 tsp hot sauce (adjust to taste)
- ... tsp salt

DIRECTIONS

- 1. Season and Sear:** Season chicken and sausage with Cajun seasoning. Heat oil in a large pot, sear until browned. Remove the chicken and set aside.
- 2. Make the Roux:** In the same pot, add oil and flour. Stir constantly over medium heat until the roux becomes deep brown-about 45 minutes. It should smell nutty and rich.
- 3. Add the Vegetables:** Stir in the diced bell pepper, celery, and onions. SautØ for 5 minutes until softened.
- 4. Pour in the Broth:** Slowly pour in chicken broth while stirring. Bring to a simmer.
- 5. Add Spices and Okra:** Stir in black pepper, additional Cajun seasoning, gumbo file, hot sauce, and sliced okra. Mix well.
- 6. Return the Meats:** Add the cooked sausage and chicken back to the pot. Simmer for 15 minutes to let the flavors marry.
- 7. Serve and Enjoy:** Taste and adjust seasoning. Serve hot over fluffy white rice.

SWAPS & NOTES

Protein Flex : Try turkey instead of chicken, or go all out with shrimp for a seafood twist.

Okra Sub : If you're not a fan of okra, skip it or substitute with extra bell pepper.

Broth : Store-bought chicken broth works, but homemade adds magic.

Gumbo File : Adds authentic thickness and flavor.

TIPS FOR SUCCESS

Don't Rush the Roux : It's the soul of the gumbo.

Cut Ingredients Evenly : Uniform veggies cook better and look better.

Use a Dutch Oven or Cast Iron Pot for optimal heat retention.

Let It Rest : Gumbo tastes even better the next day.

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

Original recipe: <https://chefmaniac.com/smoky-spicy-souful-the-best-chicken-and-sausage-gumbo/>