

How to Make a Rich, Flavorful Cajun Chicken and Sausage Gumbo at Home

Cajun chicken and sausage gumbo



TIME
15-20 min

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INGREDIENTS

1 lb boneless, skinless chicken breasts, diced

1 lb smoked sausage, sliced (Andouille is traditional and best!)

1/2 cup vegetable oil

1/2 cup all-purpose flour

1 large yellow onion, chopped

1 large green bell pepper, chopped

2 stalks celery, chopped

4 cloves garlic, minced

4 cups chicken broth, low-sodium

1 can (14.5 oz) diced tomatoes

2 tsp Cajun seasoning

1 tsp dried thyme

1 tsp dried oregano

1 tsp paprika

Salt and black pepper, to taste

Cooked white rice, for serving

Sliced green onions or fresh parsley, for garnish (optional)

Swaps and Notes:

Sausage: While Andouille sausage is the classic choice for its smoky, spicy flavor, you can use any good quality smoked sausage you like. Kielbasa or even a spicy Italian sausage can work in a pinch.

Chicken: Feel free to use boneless, skinless chicken thighs instead of breasts for an even more tender and moist texture. You can also brown the

chicken and sausage together before making the roux if you prefer, but I find adding it later keeps the chicken from getting tough.

Vegetables: Don't skip the "holy trinity" (onion, bell pepper, and celery). It's the flavor base of the gumbo. You can add a pinch of cayenne pepper for an extra kick if you like it spicy.

Broth: Beef or vegetable broth can be used in place of chicken broth, but chicken works best with the other ingredients.

Step-by-Step Instructions:

Make the Roux: In a large, heavy-bottomed pot or Dutch oven, heat the vegetable oil over medium heat. Gradually whisk in the flour until smooth. Continue to cook, stirring constantly, for about 15-20 minutes, or until the mixture turns a rich, dark brown color, similar to milk chocolate or a copper penny. This is the most important step-be patient and don't let it burn!

SautØ the Vegetables: Once the roux is ready, add the chopped onion, green bell pepper, celery, and minced garlic to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables have softened. The aroma at this point is incredible.

Build the Gumbo Base: Slowly whisk in the chicken broth, scraping the bottom of the pot to incorporate the roux. Stir in the can of diced tomatoes, Cajun seasoning, thyme, oregano, paprika, salt, and pepper. Bring the mixture to a boil, then reduce the heat to low and let it simmer for 30 minutes, allowing the flavors to meld.

Add the Meats: Add the diced chicken and sliced sausage to the simmering pot. Continue to cook for another 20 minutes, or until the chicken is fully cooked through and tender.

Serve: Ladle the hot gumbo over a generous serving of cooked white rice. Garnish with sliced green onions or fresh parsley if you like. Enjoy immediately!

Tips for Success:

Patience with the Roux: This is the key to a great gumbo. A darker roux means a deeper, more complex flavor. Keep the heat steady and stir constantly to prevent burning. If it burns, you'll have to start over.

Don't Overcrowd the Pot: If you're doubling the recipe, use a larger pot. Overcrowding can prevent the gumbo from simmering properly and developing flavor.

Adjust Seasoning: Taste as you go. The amount of salt and Cajun seasoning needed will depend on the brand of sausage and broth you use.

Serving Suggestions and Pairings:

Nutritional Information Per Serving:

DIRECTIONS

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8. **Adjust : Seasoning:** Taste as you go. The amount of salt and Cajun seasoning needed will depend on the brand of sausage and broth you use.
9. **Serving Suggestions and Pairings:** This gumbo is a complete meal on its own, but a few additions can make it even better. A side of cornbread or French bread is perfect for soaking up every last drop of that delicious broth. For a simple side, a light salad with a tangy vinaigrette can cut through the richness of the gumbo. A cold beer or a crisp glass of white wine like a Sauvignon Blanc would also pair beautifully.
10. **Nutritional Information Per Serving:** Calories: 450-500
11. **Protein:** 35-40g
12. **Fat:** 25-30g
13. **Carbohydrates:** 20-25g
14. **Please note:** Nutritional information is an estimate and can vary based on specific ingredients and brands used.
15. **Storage and Leftover Tips:** Gumbo is one of those rare dishes that tastes even better the next day as the flavors have more time to deepen and meld. Store leftovers in an airtight container in the refrigerator for up to 3-4 days. To reheat, simply warm it on the stovetop over medium-low heat until heated through. If it's too thick, you can add a splash of chicken broth to loosen it up. Gumbo also freezes beautifully. Cool it completely, then transfer it to a freezer-safe container and freeze for up to 3 months. Thaw in the refrigerator overnight before reheating.
16. **More Recipes You Will Love:** If you loved this hearty and comforting gumbo, I think you'll enjoy some of these other family favorites from my kitchen:
17. For another easy weeknight meal that's always a hit, try my Mexican Chicken and Rice Casserole.
18. Craving something with pasta? My Classic Spaghetti Recipe with Homemade Sauce is a time-tested crowd-pleaser.
19. If you're feeding a crowd and want something fun and fast, these Sheet Pan Quesadillas are a game-changer.
20. For another comforting casserole, you'll love this Dorito Casserole, a delicious shortcut dinner that's always a hit.
21. **Final Thoughts:** This Cajun chicken and sausage gumbo is more than just a recipe-it's a tradition in my home, a dish I turn to when I want to create a meal that truly nourishes the soul. I hope you give it a try and find that same warmth and comfort in every spoonful.
22. I'd love to hear how your gumbo turns out! What's your favorite part of a good gumbo? Drop a comment below and let me know. Be sure to follow me on Instagram and Pinterest for more recipes just like this one!

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TIPS FOR SUCCESS

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

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