

Cajun Chicken & Sausage Gumbo with Rice for the Ultimate Southern Comfort Meal

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TIME
15 min

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INGREDIENTS

For the gumbo:

- 1 pound boneless, skinless chicken thighs, shredded
 - 12 ounces andouille sausage, sliced
 - 1/2 cup vegetable oil
 - 1/2 cup all-purpose flour
 - 1 medium onion, diced
 - 1 bell pepper, diced
 - 2 celery stalks, chopped
 - 3 cloves garlic, minced
 - 6 cups chicken broth
 - 1 can diced tomatoes, optional
 - 1 tablespoon Worcestershire sauce
 - 2 teaspoons Cajun seasoning
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon thyme
 - 2 bay leaves
 - Salt, to taste
 - Black pepper, to taste
 - 1/2 cup green onions, chopped
 - 1/4 cup fresh parsley, chopped
- For the rice:
- 2 cups white rice
 - 4 cups water
 - 1/2 teaspoon salt

DIRECTIONS

1. Cook the rice: Bring the water to a boil in a pot. Add the salt and rice.
2. Cover and simmer for about 15 minutes, or until the rice is tender.
3. Fluff with a fork and set aside.
4. Make the roux: In a large pot, heat the vegetable oil over medium heat.
5. Add the flour and stir constantly for 10 to 15 minutes, until the mixture turns a deep brown color.
6. Cook the vegetables: Add the onion, bell pepper, celery, and garlic to the roux.
7. Cook for 3 to 4 minutes, until softened.
8. Add the meat and broth: Stir in the sliced sausage and shredded chicken.
9. Pour in the chicken broth. Add the Worcestershire sauce, diced tomatoes if using, Cajun seasoning, smoked paprika, thyme, and bay leaves.
10. Season with salt and black pepper to taste.
11. Simmer: Bring the gumbo to a boil, then reduce the heat and let it simmer for about 45 minutes.
12. Finish the gumbo: Remove the bay leaves.
13. Stir in the chopped green onions and fresh parsley.
14. Serve: Spoon the gumbo into bowls and serve hot over white rice.

SWAPS & NOTES

Chicken thighs are especially good here because they stay tender and flavorful as the gumbo simmers.

If you prefer chicken breast, it can work, but thighs bring a richer result.

Andouille sausage is one of the ingredients that really gives gumbo its signature flavor.

Its smoky, seasoned character adds depth that plain sausage would not quite match.

TIPS FOR SUCCESS

Stir the roux constantly and do not walk away from it.

It can go from perfectly browned to burned surprisingly fast.

Have your vegetables ready before the roux finishes.

Once the roux reaches the right color, adding the vegetables quickly helps stop the cooking and keeps it from darkening too much.

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

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