



One Pot Gumbo

Serves 10-12

Ingredients

- 2 tablespoons flour
- 1 tablespoons oil
- 1 Tbsp butter
- 1 medium size white skinned onion, chopped ¼ inch
- 1 bunch sliced green onions, green part too-sliced ¼ inch across
- 1 ½ chopped green peppers-1/4 inch
- 2 stalks chopped celery-same size as above
- 8 cloves minced garlic
- 3 medium carrots, sliced ½ inch
- ½ teaspoon sea salt
- ½ tsp turbinado sugar (raw sugar)
- 3 cups homemade chicken broth-in a pinch use bouillon + water
- 2 cups of tomato juice
- ½ teaspoon or more of cayenne pepper
- 2 bay leaves
- 1 Tbsp fresh oregano, slivered
- 14 ounces whole tomatoes, with juice (undrained-break apart with your hands)
- 2 cups diced zucchini, cubed ¾ inch
- 2 chicken leg quarters, (2 legs + two thighs)-skin removed
- 1 lb medium shrimp, deveined and shelled
- ½ teaspoon habanero sauce -use Marie Sharps
- 4 cups cooked brown rice or quinoa

Instructions

Combine flour and oil /butter in a large pot or a 5 quart Dutch oven. Cook over medium heat, stirring frequently, until a dark reddish-brown roux forms (about 20 minutes). Stir often

Remove from the heat and add the white and green onions, green peppers, celery, and garlic. Stir well and return to heat and stir frequently for 5 minutes until vegetables are tender.

Add carrots, chicken broth, tomato juice, salt, sugar, bay leaves, cayenne pepper, tomatoes, oregano and zucchini. Add chicken leg quarters. Bring to a boil, cover, and reduce heat to low. Simmer for an hour, stirring periodically. Remove chicken from the pot and cool it, shred the chicken meat and add it back into the stew, discarding bones. Once off the burner, add the shrimp to the soup--they will quickly cook from the retained heat of the broth.

Remove the bay leaves and stir in the habanero sauce; add salt or seasoning to taste.

Serve in a large soup bowl topped with a scoop of cooked quinoa or cooked brown rice for a very very filling meal!

You can substitute spicy chicken sausage for the chicken or cubes of firm fleshed fish in place of the shrimp (i.e. swordfish). The original recipe called for frozen okra in place of zucchini--I was more than satisfied with the zucchini version but okra would be fun to substitute as well. If you wish to try it, add 1 lb of frozen okra and be sure to cook it with the chicken and tomato base for the entire hour.