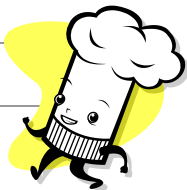


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# Chicken & Sausage Gumbo

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*By Lis Hammons*



## **Ingredients:**

1/2 cup	Pre-made roux, or if you are feeling feisty, make your own
5 cans	Chicken broth
16 oz	Smoked sausage
2 cups	Shredded or chopped chicken, cooked
2 cups	Sliced okra
1 cup	Onion, chopped
1/2 cup	Celery, chopped
3 cloves	Garlic, minced
1/2 tsp	Pepper
1/4 tsp	Cayenne pepper (add another 1/4 tsp for spicier gumbo)
	Salt to taste
	Boiled white rice

**Directions:**

1. In a large pot, heat chicken broth until hot. Stir in roux until blended. Add everything else, except rice.
2. Bring to a boil, cover, reduce heat and simmer for 6 hours.
3. Serve over rice.