



Creole Gumbo with Shrimp, Chicken, and Smoked Sausage



Image by Erica Gamboa

A melting pot of rich, bold and savory flavors, stewed all in one pot. An utterly divine dish that is simmered low and slow with the “Holy Trinity” of onions, celery and bell peppers and seasoned with bold and fragrant creole-cajun spices. Made with shrimp, chicken and sausage for a hearty, satisfying and delicious stew to be enjoyed over a bed of rice.

BY ERICA GAMBOA

Servings: 8-10 | **Difficulty:** Moderate

PREP TIME: 20 minutes + **COOK TIME:** 1 hour 40 minutes = **TOTAL TIME:** 2 hours

Ingredients:

- 1 cup of celery, diced medium
- 1 red bell pepper, diced medium
- 1 green bell pepper, diced medium
- 1 large white onion, diced medium
- 1 whole head of garlic, approx. 8 cloves, minced
- 1 10oz. package of smoked sausage of choice, sliced medium thickness
- 1 lb. large shrimp, washed, cleaned-deveined and peeled
- 6 chicken thighs, boneless, skinless and fat trimmed
- 2 32 oz. cartons of chicken stock or homemade stock of choice
- 1/2 cup of salted butter (8 tbsp)
- 1/2 cup all purpose flour
- 2 tbsp tomato paste
- 1/2 can tomato sauce (optional)

Spices

- 3 bay leaves, fresh or dried
- Cajun seasoning
- Garlic powder
- Cayenne

- Smoked paprika
- Oregano
- Thyme
- 1 tbsp Knorr chicken bouillon or better than bouillon base
- Old Bay seasoning (optional)
- 2 tsp Gumbo File (optional)

***Note all the spices listed above will be used to taste. Measure with your soul or until your ancestors tell you to stop! Taste the Gumbo broth as you go and adjust as necessary and to your liking.**

Directions:

1. Prep, chop and dice all of the vegetables and set them aside.
2. Slice the smoked sausage and set aside.
3. Rinse, peel, and devein shrimp and set aside.
4. Preheat a bottom heavy pot on medium heat while you season the chicken.
5. Season the chicken thighs with the desired amount of cajun seasoning, garlic powder, cayenne pepper and smoke paprika seasonings.
6. Brown the chicken in the pot a few pieces at a time and cook until golden brown on each side. Remove from the pot and set aside. Cook for about 8 minutes, 4 minutes on each side. *The chicken will continue to cook in the Gumbo.
7. Add the sausage to the pot and brown on each side and remove from the pot as well and set aside with the chicken. Cook for about 2 minutes, just a minute one each side because the sausage is fully cooked.
8. Add butter or fat of choice to the pot and make sure the heat is not too high or too low but set at a medium heat.
9. Add the flour to the pot and begin stirring, do not let the butter and flour burn.
10. Continue stirring frequently and consistently until the roux has cooked for about 30 minutes and is a rich, dark mahogany brown color.
11. Add all the veggies to the pot with the roux. Cook them until the vegetables are soft and translucent.
12. Add tomato paste and tomato sauce and cook for an additional 10 minutes.
13. Add all of the chicken broth, 2 cartons.
14. Add the Bay leaves.
15. Bring to a low simmer before adding the spices.
16. Add seasonings, Garlic powder, Cajun seasoning, Thyme, Oregano, Knorr Chicken Bouillon and Old Bay is optional. ***Start with a teaspoon of each and increase and adjust as necessary.**
17. Roughly chop the chicken and add it back to the pot along with the smoked sausage.
18. Simmer everything together on low and slow heat for about 45 minutes.
19. After 45 minutes, add the shrimp until the shrimp is cooked through. Approx. 5 minutes.
20. Serve over a bed of white rice, in a shallow bowl and add a few dashes of hot sauce.

Enjoy this Gumbo with a slice of corn bread to complete the meal.

Notes

Tomato War

Tomato is a very controversial ingredient to add to Gumbo. It is not typically found in traditional Cajun Gumbo but you will see it in Creole Gumbo on the other hand. It could be because Creole Gumbo often has shellfish or sea food of some kind, like in this recipe. Tomato in general goes very well with seafood dishes and that is why I chose to add it to this recipe. You can certainly leave it out without it negatively impacting the recipe. Some critics will say that it has no place in Gumbo but tomato paste specifically, when cooked down with the

vegetables in this dish; give it a richness and it compliments the shrimp so well.

Nutrition

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	737
% Daily Value*	
Total Fat 25.3g	32%
Saturated Fat 8.9g	44%
Cholesterol 117mg	39%
Sodium 9186mg	399%
Total Carbohydrate 96.4g	35%
Dietary Fiber 23.6g	84%
Total Sugars 17.3g	

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