

# GUMBO

BY DR. JEFF & BETSY GINGERICH

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## Ingredients:

- 1 cup oil
- 1 chicken, cut up
- 1 ½ lbs. smoked or andouille sausage
- Optional to add shrimp or substitute for chicken or sausage
- Trinity:
  - 4 cups chopped onions
  - 2 cups chopped celery
  - 2 cups chopped green pepper
- 1 Tbsp. chopped garlic
- 8 cups stock
- Seasoning to taste (recommend Tony Chachere's Creole Seasoning)
- 2 cups chopped green onions
- Cooked rice



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## Instructions:

1. Season and brown meat over medium-high heat.
2. Make a roux with equal parts oil and flour to desired color. This can take 20-40 minutes.
3. Add onions, celery, green pepper, and later garlic to roux, and stir continuously until vegetables reach desired tenderness.
4. Return meat to pot and cook with vegetables, continuing to stir frequently. Gradually stir in liquid and bring to a boil. Reduce, simmer and cook for an hour or more. Season to taste.
5. Approximately 10 minutes before serving, add green onions.
6. Serve over rice.

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