

Want something special with common ingredients you have at home? This is "kicked up" and is easy to make when you shop at House of Meats! Prep time: 20 min. Cook time: 2 hours

Mark Siffer's Chicken Gumbo

1 Large onion chopped
1 C chopped celery
1 C chopped sweet bell pepper
(add carrots and/or mushrooms if ya got em)
3 T butter
3 T olive oil
6 T flour
2 whole "Cajun marinated" chicken breasts from House of Meats cut into ½ inch pieces
1 link of "Cajun smoked sausage" from House of Meats chopped up
6 C chicken stock or water (avoid bouillon it can be too salty)
1 t Old Bay seasoning
Salt & Pepper to taste



t = teaspoon
T = tablespoon
C = cup

In a large heavy soup pot melt the butter over medium low heat with the oil. Add the flour and Wisk constantly for about 8 min until the mixture (roux) becomes the color of peanut butter. Add celery, onion, and bell pepper and stir until coated. Mixture will be very thick again so make sure to stir thoroughly and scrape the bottom of the pot. Add the Cajun sausage and the remaining stock, and simmer covered for about 30 min. Taste for seasoning at this point and add salt and pepper to taste. (about 1 ½ t salt and ½ t black pepper) Add the Cajun marinated chopped chicken breasts cover and cook over low heat for about 1 hour stirring every 15 min. or so to keep from sticking to bottom of pot. Serve over cooked rice or with a great crusty bread. Garnish with chopped parsley or hot sauce...Yummmmmmy! Great reheated the next day (if there is any left) ENJOY!