

Chic-N Gumbo

SERVES 3-4



Sometimes comfort food just hits the spot. Cajun food does that for me. Of course you can make your own roux, but the jarred version helps this dish come together super quick and and the leftover roux stores well, unless you make this again and again! Enjoy this favorite NOLA, Mardi Gras, or any time treat!

INGREDIENTS

1 TBSP vegetable oil
½ cup diced onion
½ cup diced red pepper
½ cup diced celery
4 garlic cloves, minced

2 TBSP Kary's jarred roux or similar
2 cup non-chicken broth or vegetable broth
2 tsp Cajun or Creole spice seasoning

4-6 ounces chicken faux replacement pieces, shredded
Cooked brown rice
Filé powder
Chopped parsley

METHOD

Heat the oil in skillet or large pot over medium heat. Add the onion, red pepper, and celery and sauté until tender. Add the garlic and sauté for 30 seconds or until aromatic. Stir in the roux, broth and seasoning. Bring the mixture to a boil and then lower to a simmer. Simmer for 15 minutes or until mixture is reduced by a third.

Add the chicken faux replacement pieces and continue to simmer until mixture is thicker and of a stew like consistency. You may add more broth or water if it becomes too thick.

Serve over brown rice and garnish with filé powder and chopped parsley.