**Chicken & Sausage Gumbo**

1 pound sliced smoked pork sausage (preferably smoked)  
1 chicken, cut up  
2 medium onions (or 1 large onion), finely diced  
2 bell peppers (any color), finely diced  
1 tablespoon salt  
1 teaspoon ground black pepper  
1 teaspoon cayenne  
1 teaspoon garlic powder  
1 bunch green onion, chopped

Prepare and season the chicken. In a separate pot, add 2 tablespoons cooking oil. Place chicken in pot. Turn chicken and brown to a golden color. Also, do the same with the sliced sausage.

Remove chicken and sausage and set aside in separate bowls.

Prepare onion and bell pepper, mix, and set aside.

Make a seasoning mix by combining everything in a small bowl and set aside. Next, if you’d like to do it the old-fashioned way, make the roux. (see directions below for microwave roux)

I recommend using 1 cup of ready-made Kary’s Roux from a jar (if you don’t feel like making your own.)

[Kary's Roux - Authentic Cajun Food Products made in Ville Platte, LA (karysroux.com)](https://karysroux.com/)

Once you’ve made the roux, add it and 2 quarts water into the pot and immediately add and mix in the onions and bell pepper. Next, add the seasoning mix and cook while stirring constantly for 1-2 minutes, allowing the vegetables to soften. Bring to a slow boil then simmer over low heat for about 20 minutes.

Next, add sausage and simmer over low heat for up to one hour; adjust seasonings and perhaps add more water (I prefer my gumbo soupier than stew).

Next, add chicken and continue to simmer for 30 minutes (if you simmer it more than an hour or so, the chicken will begin to fall apart).

Finally, add green onions and simmer for 10 more minutes.

Serve hot in a bowl with a large spoonful of white rice (long grain preferred).

***Making Roux in a microwave:***  
A faster way to make roux. Roux is the foundation for many Cajun dishes. For gumbo, stews, fricassees.

***Ingredients:***

1 cup flour

3/4 cup oil (Canola or Vegetable)

***Directions:***

Combine oil and flour in a microwave safe dish that has a handle. I use my Pyrex measuring glass cup. Put cup in microwave and set your timer for 3 minutes. Take cup out and stir the mixture thoroughly. Be careful mixture is very hot! (Since microwaves all heat at various temperatures, you might want to start with 2 minutes until you get to know how powerful your microwave can be; some do it for seven minutes.) Put it back in the microwave for 2 one-minute sessions. Stir again thoroughly after each session. At this point, your mixture has already started to turn brown. Continue the sessions now for only 30 seconds at a time, stirring after each session, until the roux is the color of a dark copper penny (darker or lighter, if you prefer). In the last couple of heating sessions, I sometimes only go 20 seconds. Transfer roux to cooking pot and add warm water to hot roux for thickness desired. It is very important to stir thoroughly before starting the next session. The above mixture will make 2-1/2 to 3 gallons of gumbo juice. You can double or triple the roux recipe and store the unused amount in a covered container in your fridge for weeks to be used for future dishes. Roux can be used to flavor or thicken gravies. The darker the roux, the more flavor. A lighter roux tends to provide more thickening ability to the dish.

A dish made with roux always tastes better the next day or, if frozen, the next time it is reheated. If you push the roux too far or the roux smells burnt, the flavor becomes too bitter to use. Throw it out and start again.

A bowl of rice and meat with a knife

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