

Gumbo
[Chicken, Sausage, and/or Shrimp]
(8 to 10 Servings)

4 tablespoons olive or canola oil, divided	2 (14 1/2-ounce) can diced 1 pound tomatoes in puree
1 lb Kielbasa, cut in half lengthwise and again crosswise into 1/4-inch-thick slices	2 bay leaf
1 lb chicken-cut into 1/2 inch squares (if you want to use chicken)	1 teaspoon dried oregano, crushed
2 medium onion, peeled and finely chopped	1/4 teaspoon ground allspice
4 medium cloves garlic, peeled and minced	1/2 teaspoon cayenne pepper
4 medium ribs celery, finely chopped	2 cup frozen sliced okra
2 green bell pepper, stemmed, seeded and coarsely chopped	1/2 teaspoon freshly ground black pepper
2 medium carrot, peeled and coarsely chopped	1 pound small cooked shrimp or chicken, salt to taste
1/2 Cup water	
2 tablespoons flour	
2 (14 1/2-ounce) can low-sodium chicken broth, <u>plus water</u> to equal 7 cups	

1. In a large soup pot, heat 2 tablespoons oil over medium heat. Add the sliced kielbasa and chicken, if using chicken, saute until browned and cooked through. Remove from the pan and set aside.
2. Heat the remaining oil in the pot. Add the onion and saute 3 minutes. Add garlic, celery, bell pepper and carrot; saute 10 minutes, adding a little water as the vegetables begin to stick to the bottom of the pan.
3. Stir in the flour. Cook about 3 to 4 minutes, or until flour starts to brown a little. Add half of the broth-water mixture and cook, stirring 3 minutes. Then add remaining broth, tomatoes, bay leaf, oregano, Allspice, and cayenne. Simmer 10 minutes.
4. Add sausage, and chicken and okra. Again cover and simmer 10 minutes, stirring occasionally.
5. Remove pot from the heat. Discard bay leaf and stir in pepper and shrimp. Set aside 10 minutes before serving. (Serve with good bread, rolls or cornbread.)

Note: If you use shrimp, add at the very end.

Note: You may use any combination of the meats you like or eliminate what you do not like.