

MORSELS AND MORE

CHICKEN GUMBO

You will need one whole cooked chicken, like the rotisserie type, meat removed, and a fully cooked kielbasa or turkey sausage ring. Also a small bag of frozen okra.

3 Tbl. Olive oil

1/3 cup flour

Cook until the flour is golden, be careful not to burn!

While you are stirring the flour, participants can be cutting the vegetables.

Add;

2 red bell peppers, cut fine

1 medium onion, cut fine

4 garlic cloves, cut fine (I use whole garlic so there is an additional

Task plus it is fun to see the beauty of a whole garlic.)

1 tsp. oregano and salt & pepper

Cook for 10 minutes

When participants have finished cutting the vegetables, get them started on the meats, cutting the chicken and sausage into bite sizes.

After cooking the vegetables for ten minutes, add

4 cups of chicken broth and bring up to near boiling.

Add;

1 10oz package of okra

The entire chicken

8 to 10 oz. sausage, depending on taste

Heat it all together until ingredients are well heated through. Serve

The traditional side for this dish is corn bread. A good rustic bread or sour dough is also very good.