

Since Fat Tuesday lands on the last day of February I thought this month's recipe should go along Mardi Gras.

Chicken Gumbo Soup

- ¾ cup all purpose flour
- 1 stick of butter or margarine
- 1 gallon of water
- 2-3 tablespoons of chicken base
- ½ cup chopped green pepper
- 3 cloves of garlic, finely minced
- ½ cup fresh chopped parsley
- 1 ½ teaspoons of Creole seasoning
- 1 ½ tablespoons of Worcestershire Sauce
- 1 (10oz) packages frozen cut okra, thawed
- 6 skinless boneless chicken breasts
- 1 cup of chopped onion
- ½ cup of chopped celery
- ½ cup sliced green onions
- 1 15 oz can of diced tomatoes and green chili's (Rotel)
- 3 ½ cups of hot cooked rice (Uncle Bens Converted Rice works best)

Place chicken in a large pot and cover with water, add chicken base. Bring to a boil. Reduce heat to a simmer and cook for 45 minutes. When chicken is cooked, remove and cool. Dice chicken into bitesize pieces. Approximately 2 to 3 cups. Set aside.

Place butter in a large pot over medium heat. Add diced onions, celery, green peppers, garlic and cook until celery is tender. Add flour to make a rue. Cook rue for 1 to 2 minutes, add 1 cup of broth to rue and stir until well blended and starts to thicken. Add remaining broth and rest of the ingredients, including diced chicken and hot cooked rice. Bring to a boil and reduce to a simmer. Simmer for about 45 minutes.