



Noreen's Kitchen

Slow Cooker

Chicken and Sausage Gumbo

2 pounds chicken breast tenders	1-28 ounce can petite diced tomatoes
2 pounds smoked sausage, sliced	2-10-ounce cans tomatoes and green chilies
1 cup onion, diced	2 cups chicken stock
1 cup celery, diced	1 teaspoon salt
1 cup green bell pepper, diced	1 teaspoon dried oregano
1 serrano or jalapeno pepper seeded & diced	1 teaspoon thyme
4 cloves garlic, minced	2 large bay leaves

Step by Step Instructions

Place ingredients in slow cooker and cook on high for 6 to 8 hours or on low for 8 to 10 hours.

Serve with rice or noodles.

If you like yours spicier, add more chilies or leave the seeds in when you dice them.

If you prefer a more traditional style of gumbo, you can feel free to cook up a dark roux using oil and flour and then add during the last hour or so of cooking.

Addition of File" (pronounced Fee-Lay) powder is also a more traditional Cajun addition to a gumbo. Not always easy to source in different parts of the country. It is ground sassafras leaves that are added for both flavor and thickening. If you like you can add up to a tablespoon if you wish.

ENJOY!