



Lovelady's Chicken Gumbo



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| 1 whole fryer chicken (2-1/2 to 3 pounds), cut up | 2 bay leaves |
| 4 quarts water | 1 teaspoon dried basil |
| 1/4 cup canola oil | 1 teaspoon salt |
| 2 tablespoons all-purpose flour | 1/2 teaspoon pepper |
| 2 medium onions, chopped | 1 to 2 teaspoons Louisiana Hot Sauce |
| 2 celery ribs, chopped | 2 tablespoons sliced green onions |
| 1 medium green bell pepper, chopped | Minced fresh parsley |
| 3 garlic cloves, minced | Hot cooked rice |
| 1 can (28 ounces) tomatoes, drained | (for best flavor cook rice in chicken broth instead of water) |
| 2 cups fresh or frozen sliced okra | |

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INSTRUCTIONS: PRINT ON CARDSTOCK AND CUT OUT.



Lovelady's Chicken Gumbo - continued



Place chicken and liquid in a large kettle. Cover and bring to a boil. Reduce heat; cover and simmer for 30-45 minutes or until chicken is tender. Remove chicken; reserve broth. Set chicken aside until cool enough to handle. Remove chicken from bones; discard bones and cut into meat into cubes; set aside. In an soup kettle, combine oil and flour until smooth. Cook over medium-high heat for 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir about 5 minutes more or until mixture is copper penny red. Turn the heat to high. Stir in 2 cups reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the onions, celery, green pepper and garlic; cook and stir for 5 minutes. Add the tomatoes, okra, bay leaves, basil, salt, pepper and pepper sauce. Cover and simmer for 1-1/2 to 2 hours. Discard bay leaves. Garnish with green onions and parsley. Serve with rice.

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