

Louisiana Gumbo Mix

Bring home the taste of New Orleans with this Creole favorite! Add chicken, smoked sausage, and/or shrimp for a delightful, hearty meal. Also makes a unique and delicious marinade! 2 packets, 12 servings per packet.

Instructions

LOUISIANA GUMBO

- 2 tablespoons vegetable oil
- 1 pound chicken breasts, cut into 1-inch cubes
- 1 pound smoked link sausage, cut into 1/2 -inch slices
- 1 Homemade Gourmet Louisiana Gumbo Mix
- 4 cups water
- 1 15-oz can diced tomatoes, un-drained
- 1 8 oz bag frozen okra

DIRECTIONS:

1. Add oil to 4-quart pot or Dutch oven. Add chicken and sausage; cook on medium heat for 5-7 minutes or until juices run clear.
2. Add mix and water. Bring ingredients to a slow boil; reduce heat and continue cooking for 5-10 minutes, stirring occasionally.
3. Add diced tomatoes and okra; continue cooking for 5-10 minutes until heated through. (Do not overcook okra or it will become gummy.)

GUMBO CASSEROLE

- 2 pounds boneless, skinless chicken breasts, chopped
- 1 Homemade Gourmet Louisiana Gumbo Mix
- 1 cup rice
- 6 cups water
- 1 bunch green onions, sliced

DIRECTIONS:

1. Preheat oven to 350 degrees. In large skillet, cook chicken until juices run clear; about 10 minutes; remove chicken; set aside.
2. In same skillet, add mix, rice and water; bring to a boil. Turn to low, simmer covered, for 15-20 minutes until rice is tender. Add chopped chicken to seasoned rice and stir. Stir and pour into greased 2 1/2-quart casserole dish. Top with green onions.
3. Bake for 20 minutes or until set.

Ingredients

Cornstarch, red and green bell pepper, parsley, onion, Creole seasoning (salt, spices, paprika, and dehydrated garlic, less than 2% silicon dioxide (to prevent caking)), spices and garlic.



Nutrition Facts

Serving Size: 1 Tbs. (5g)

Servings Per Container: 12

Amount Per Serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0 0%

Trans Fat 0

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrates 4g 1%

Dietary Fiber 1g 2%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 40%

Calcium 0%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.