



Gumbo Style Chicken Creole

Rated:

Submitted By: SMFLRN

Photo By: tinytink36

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Ready In: 1 Hour

Servings: 5

"Cooked leftover chicken can be tossed into this gumbo and simmered with tomatoes, mushrooms, chile peppers, a little of this and a little of that. Delicious chicken gumbo consistency with tomato base. Makes plenty to last for several days. Serve over hot cooked rice and sprinkle with filet powder, if desired."

INGREDIENTS:

- 1/4 cup oil for frying
- 1/4 cup all-purpose flour
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cups cooked, chopped chicken breast meat
- 1 (14.5 ounce) can diced tomatoes with green chile peppers, with liquid
- 1 (4.5 ounce) can sliced mushrooms, drained
- 2 tablespoons chopped fresh parsley
- 2 teaspoons Worcestershire sauce
- 3 cloves garlic, minced
- 1 teaspoon soy sauce
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 dashes hot sauce

DIRECTIONS:

- 1. Heat oil in a large skillet over high heat. Stir in flour and cook, stirring constantly, for 5 minutes or until mixture is the color of a copper penny. Reduce heat to low and stir in bell pepper and onion. Cook 10 to 15 minutes, or until tender, stirring occasionally.**
- 2. Add chicken, tomatoes with green chile peppers, mushrooms, parsley, Worcestershire sauce, garlic, soy sauce, sugar, salt, pepper and hot sauce. Stir together, cover and simmer for 20 minutes.**

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