

Gumbo recipe

1/3 cup butter

1/3 cup flour

Lil oil

1 andouilli sausage

1 chicken thighs

6 large shrimp or 1 cup rock shrimp

1 green bell pepper

1 small white onion

3 stalks celery

6 okra peppers

1 tomato

1 tbs garlic puree (or 1 tsp minced)

Cajun seasoning of sorts

Pimenton

Dried thyme

1 bay leaf

5 cups chicken stock