



SLOW COOKER GUMBO

October 12

National Gumbo Day

INGREDIENTS

- 1 Red Bell Pepper (diced)
- 1 Onion (diced)
- 3 Celery Stalks (diced)
- 28 Ounce Can Diced Tomatoes
- 1½ Pounds Chicken Thighs (boneless skinless)
- 1 Package Andouille Sausage (sliced)
- 1 Pound Raw Shrimp (add at the end)
- 1 Tablespoon Cajun Seasoning
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Dried Thyme
- 2 Cups Chicken Broth
- 1 Teaspoon Minced Garlic

DIRECTIONS

1. Place all ingredients except shrimp in a crockpot.
2. Stir to combine and cook on LOW 6-7 hours or HIGH 3-4 hours.
3. During the last 15 minutes of cooking stir in the shrimp.
4. Once the shrimp is pink and no longer translucent the gumbo is ready to eat. Shred the chicken thighs into bite size pieces.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup