



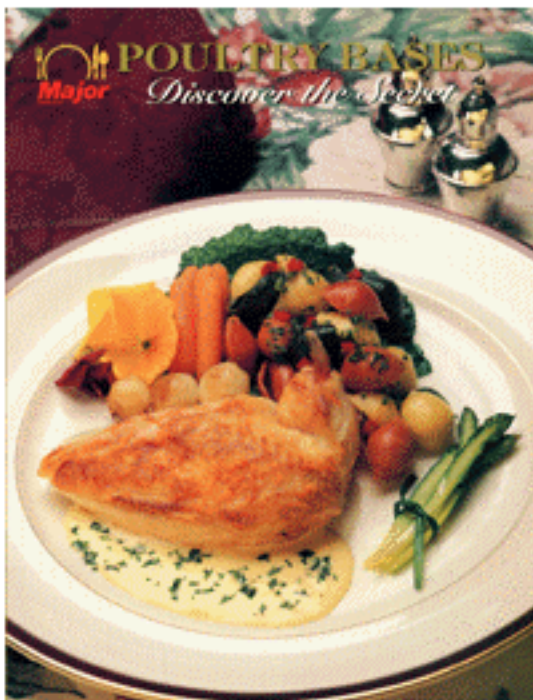
Recipe Database

Chicken Gumbo

Yield: 6 Quarts

Portions: 36

Ingredients	Quantity	Directions
Water	1 gal.	Prepare rice and then set aside.
Rice	8 cups	
Onions, chopped	2 cups	In a heavy sauce pot saute' onions, green peppers, celery, and garlic in oil until onions are opaque. Add flour and cook on medium heat for five minutes.
Green Bell Peppers, diced	2 cups	
Celery, diced	1 cup	
Flour	4 oz.	
Garlic, chopped	1 tbl.	
Water	1 gal.	Add water, chicken meat, sausage, and chicken base to sauteed vegetables while stirring vigorously. Bring to a boil then simmer for thirty minutes. Add cayenne pepper and continue to simmer for ten minutes. Ladle gumbo over rice.
Chicken Meat, pulled	2 lbs.	
Andouille Sausage, diced	1 lb.	
MAJOR CHICKEN BASE	5 oz.	
Cayene Pepper	1 tsp.	



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