



Chicken and Andouille Sausage Etoufee

New Orleans is known for rich and hearty dishes. This is a “Nawlins” dish packed with flavor.

Baking sheet
6-qt stockpot
425°F
Serves 8

1 cup	all purpose flour
1 cup	canola oil
4 medium	onions, chopped
2 cups	chopped celery
1 cup	chopped green bell pepper
2 tbsp	cajun seasoning
5 cloves	minced chopped garlic
2 cups	chicken stock
1 lb	diced chicken
1 lb	sliced andouille sausage

1. Sprinkle flour on a baking sheet and bake 40 minutes, stirring every 5 minutes to bake evenly. Continue baking until flour is dark brown in color. Set aside.
2. In a large stockpot, on medium, heat oil and browned flour, whisking till its smooth to make a roux. Add onions, celery, green pepper, seasoned salt and garlic. Add chicken stock and cook for 20 minutes, add chicken and sausage, cook for 10 additional minutes. Serve over cooked rice.

Tip: You can make up to 3 cups of the browned flour at a time. Place in the freezer to save.

Variation: You can change up the meat to reflect your tastes.