



At Home, Speed Scratch and Budget Friendly

Suppers Made Simple

Making Life Delicious with Taste of Gourmet

Creole File Gumbo

Use this mix to prepare 2 or 3 meals – one to eat now and one or two **Bonus Meals** to freeze or refrigerate for later. Enjoy the original Gumbo or make Jambalaya with Gumbo. Eat well, eat healthy and spend less time in the kitchen!

From Evelyn: Gumbo, that traditional Louisiana “soup” is a full meal in itself with as many variations as there are cooks in the bayous! To be called a Gumbo – you have to start with a Roux – slowly browned flour that turns a rich caramel color and gives that distinctive nutty flavor to the Gumbo. Our mix has that special Roux and what the Creoles call the “Trinity”- onions, celery and green peppers, evoking a magical flavor and mystique in our Gumbo!

Basic Recipe for

Creole File Gumbo - Serves 8

1 to 2 Tablespoons cooking oil
1 pkg **Creole File Gumbo**
1 can diced tomatoes (14.5 oz)
4 to 5 cups of chicken broth

- Heat oil in large saucepan on low. Add **Creole File Gumbo** mix and stir to moisten.
- Add broth and tomatoes, stirring well. Bring mixture to a simmer. (Optional: Add meat or seafood)
- Cook slowly for 45 minutes. Gumbo will thicken and become more flavorful as it slowly simmers. Thin with more broth if desired.

The Crown's Gumbo

1 lb. diced smoked sausage
1 lb. diced raw chicken breast

- Follow basic recipe directions adding sausage and chicken with the broth and tomatoes and simmer for about 45 min.

Grocery List

Meal One - Basic Recipe or The Crown's Gumbo

Cooking oil (1 to 2 Tablespoons)
1 can (14.5 oz) diced tomatoes
4 cups chicken broth
1 lb. smoked sausage (optional for Crown's)
1 lb. chicken breast (optional for Crown's)

Meal Two

1 can (14.5 oz) diced tomatoes
4 cups chicken broth
1 lb. smoked sausage
2 lb. chicken breast or thighs
1 lb. peeled uncooked shrimp (optional)

Meal Three - Bonus

½ cup uncooked rice
½ cup cooked diced ham

Meal One - Serves 8 to 10

Serve hot Gumbo by placing 1 cup of Gumbo in a bowl and top with ¼ cup of rice.

(Rice for 8 servings included in the mix)

To cook rice: Bring to a boil, 2 ¼ cups water and ½ teaspoon salt. Add rice, bring water back to the boil, cover and reduce heat to low. Cook for 20 minutes.

For Complete Meal: Add a green salad and some hot *Bayou Beer Bread!*

To freeze Gumbo: Using a measuring cup, divide cooked Gumbo into freezable containers to fit YOUR family's portion size.

Variations for Creole File Gumbo:

Add: 1 pound peeled fresh shrimp
1 cup crab meat
Crab claws
Fish fillets. (catfish, cod, etc.)
Duck breast
Sausage (link or ground)
Pork chops, etc.

Tip: I like Swanson's boxed chicken broth or Wyler's Chicken Granules (not cubes) for flavor, ease of carrying and storage. 1 jar of Granules makes 30 cups broth and 1 box of Swanson's is 4 cups. Keep your pantry stocked with broth. *Evelyn*

Meal Two – Serves 8

Jazzy Jambalaya

1 lb. smoked sausage, thinly sliced
2 lbs. chicken breast or thighs, diced
1 pkg. **Creole File Gumbo**
4 cups chicken broth
1 can diced tomatoes (14.5 oz)
1 lb. peeled shrimp (optional)

- Place sausage and chicken in Dutch oven (large covered pan) and cook over medium heat about 5 minutes.
- Add spice packet and rice packet to pan and stir well to moisten spices and rice.
- Add broth and tomatoes stirring mixture well.
- Bring mixture to a boil, turn heat to simmer and cover.
- Cook for 25 to 30 minutes, stirring occasionally until almost all liquid is absorbed.
- Stir shrimp into mixture, cover and cook for another 5 minutes.

For Complete Meal: Serve with a spinach salad with citrus fruit and blue cheese with *Vidalia Onion Dressing* and hot *Tomato Basil Beer Bread*.

Keep your Pantry Packed with Taste of Gourmet!
Your Gourmet Consultant is:

www.MyBabyCanCook.com

Meal Three – Bonus

Simple Jambalaya – Serves 2

2 cups prepared **Creole File Gumbo**
½ cup uncooked rice
½ cup diced ham (optional)

- Mix **Gumbo** and rice (and ham).
- Pour into buttered baking dish.
- Cover and bake for about 20 minutes.
- Fluff mixture with a fork and serve hot!

For Complete Meal: Serve with buttered green peas, a simple tossed salad with *Vidalia Onion Dressing* and hot *Bayou Beer Bread!*

“Suppers Made Simple” features one of the six delicious mixes in the Soup Collection that includes:

Creole File Gumbo Creamy Delta Bisque
Black Bean Chili Colonial Corn Chowder
Southwest Soup Positively Smashing Potato Soup

Creole File Gumbo - Basic Recipe

WW Points – Use no oil – 6 with chicken & ½ cup rice

List of Ingredients: Rice, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated onions, green peppers, celery, garlic, salt, pepper, spices.

Nutrition Facts: Dry mix only: 6 per mix: for 1 serving: Calories 110, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fats 0g, Cholesterol 0mg, Sodium 180mg, Carbohydrate 20g, Sugars 3g, Protein 0g.

NOTES: