# Chicken Andouille Red Bean Gumbo

FOODSERVICE

SERVING SIZE: **35**

## Ingredients

- 7 3/4 fluid ounces Canola Oil
- 2 1/6 cups Diced Onion
- 1 1/4 cups Celery, Diced
- 1 1/4 cups Red Pepper, Diced
- 11 2/3 ounces Andouille Sausage, Sliced
- 4 7/8 ounces Diced Ham
- 1 2/3 pounds Boneless Chicken Thighs, Diced
- 1 1/2 tablespoons Minced Garlic
- 2 teaspoons Salt
- 1/8 teaspoon Cayenne Pepper
- 3/4 cup Flour
- 6 1/2 pounds **Furmano's Red Beans**
- 4 3/8 cups **Furmano's Diced Tomatoes**
- 7 3/4 fluid ounces Chicken Stock

## In This Recipe




Red Beans

## Preparation

1. In a large pot over medium heat, add Canola Oil.
2. Next, add Onion, Celery, and Red Pepper. Saute until vegetables begin to soften.
3. Add Sausage, Ham, Chicken, Salt, Cayenne, and Garlic. Saute until Chicken is cooked.
4. Add Flour and mix until it coats meat and vegetables. Cook until flour begins to brown, but do not let it burn on the bottom of the pan.
5. Next, add Red Beans, Diced Tomatoes, and Chicken Stock. Heat to 165*

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