

Pressure Cooker Gumbo

Ingredients

- 1 ½ links Cajun Smoked sausage, sliced
- 1 cup diced onion
- ½ cup diced bell pepper
- ½ cup diced celery
- 3 cloves minced garlic
- 1 pounds boneless, skinless chicken thighs
- 3 ½ cups chicken stock
- ½ cup roux
- 1 12-ounce package frozen, sliced okra
- ¼ teaspoon ground thyme
- 1 teaspoon salt
- ½ teaspoon black pepper
- Cajun Seasoning – To Taste

Directions

1. Brown sausage in electric pressure cooker on saute/browning setting for 3 minutes. Remove from pressure cooker and set aside.
2. Add onions, bell pepper, and celery – saute for 3-5 minutes. Add in garlic and stir well for 1 minute.
3. Add chicken to trinity mixture. Stir in chicken stock.
4. When stock starts to boil, add roux. Stir well.
5. Add okra, seasonings, and browned sausage.
6. Place lid on pressure cooker and make sure knob is set to “sealing”.
7. Cook on high pressure for 25 minutes or put on “Soup/Stew” setting.
8. When time is up, use a wooden spoon to move knob to “venting”.
9. Open pressure cooker and stir well. Taste and adjust seasonings. Leave on “warming” setting with lid removed for 10-12 minutes.
10. Serve over hot white rice.



Nutrition Facts

servings per container	
Serving size	(204g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 760mg	33%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 165mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal



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