



New Orleans Gumbo

(From The Wheat Belly 30-Minute (Or Less!) Cookbook, pg. 97)

Prep Time: 10 minutes

Total Time: 30 minutes

Ingredients:

- 2 tablespoons extra-virgin olive oil or coconut oil
- 1 pound andouille sausage, sliced
- 1 pound boneless, skinless chicken breasts, cut into cubes
- 3 cups chicken stock, divided
- 2-3 tablespoons coconut flour
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 large green bell pepper, chopped
- 1 teaspoon Cajun Seasoning Mix* (below, pg. 58 of the book)
- 1 can (14.5 ounces) diced tomatoes

Make it:

1. In a large skillet or saucepan over medium-high heat, heat the oil. Cook the sausage and chicken, stirring occasionally, for 7 minutes, or until lightly browned. Reduce the heat to medium. With a slotted spoon, transfer the sausage and chicken to a bowl, leaving the liquid in the skillet, and set aside.
2. Pour 1 cup of the chicken stock in the skillet or saucepan. Stir in the coconut flour, 1 tablespoon every 30 seconds, until the desired thickness is achieved.
3. Add the onion, garlic, pepper and seasoning mix. Cook, stirring occasionally, for 3 minutes, or until the vegetables begin to soften.
4. Return the reserved sausage and thicken to the skillet or saucepan, along with the tomatoes with their juice and the remaining 2 cups chicken stock. Cover and cook for 8 minutes, or until the chicken is cooked through and the vegetables are softened.

*Cajun Seasoning Mix

2 tablespoons paprika

1 tablespoon onion powder

1½ teaspoons ground red pepper

1 teaspoon dried thyme

1 tablespoon garlic powder

2 teaspoons ground black pepper

1 teaspoon dried oregano

½ teaspoon sea salt

Mix in a small bowl and store in an airtight container.

NOTE: you can substitute shrimp or other seafood for the chicken in this recipe, as well as other meats as you like.