

Chicken Andouille Gumbo

12 c water	1 green bell pepper, chopped
3 lbs boneless, skinless chicken breasts	1 medium onion, chopped
16 oz frozen okra	2 stalks celery, chopped
½ c canola oil	2 cloves garlic, minced
½ flour	1 bay leaf
1 lb turkey andouille sausage, sliced	2 tsp alt
28 oz can whole, peeled tomatoes	1 tsp dried thyme
	1 tsp dried basil
	1 tsp cayenne
	1 tsp pepper

1. Combine water and chicken in large pot. Bring to boil. Reduce heat and simmer until chicken is tender, about 1 hour. Remove chicken to cool, preserving liquid. Once cooled, cut chicken into bite-sized pieces.
2. Stir flour and canola oil in a Dutch oven. Cook over medium heat until deep golden brown, stirring frequently, 5-10 minutes. Be careful not to burn.
3. Add 4 c reserved chicken broth and all remaining ingredients, except the cooked chicken pieces. Cover partially and simmer until thickened, about 1½ hours.
4. Add chicken to Dutch oven and continue to simmer for 15 minutes.
5. Serve over rice.