

Chicken Gumbo Recipe

Ingredients:	4 Tbsp cooking oil 3 Tbsp flour 2 cloves garlic 2 medium onions 2 medium bell peppers 3 tomatoes 2 lb. fresh okra 2 stalks of celery 2 lb. boneless chicken breasts Salt & pepper to taste
Notes:	Main course
Instructions:	Cut chicken into 1 inch cubes. Slice okra into 1/4 inch slices. Chop onions, peppers, celery, and tomatoes. Mince garlic. Preheat dutch oven to 325 degrees. Add oil and flour. Cook, stirring often, until brown. Add garlic, onion, and peppers. Slowly stir in 1 quart of water. Add salt and pepper. Add tomatoes, okra, and celery. Cover and cook 30 minutes or until vegetables are done. Reduce heat to 250 degrees. Add chicken and simmer an additional 15 minutes or until chicken is done.