

## **Chicken Gumbo**

*from George Sarris*

- 2 Medium Onions
- 2 Cloves Garlic
- 1/2 Tsp Salt
- 1/2 Tsp Pepper
- 3 14.5 Oz. Cans Tomatoes
- 4 Cups Chicken Broth
- 2 Tbs Worcestershire
- 1 1/2 TBS File
- 1/2 Lb Okra or
- 1 Cup Okra
- 2 Bouillon Cubes
- 1/8 Tsp Hot Sauce
- 1 Lb Chicken Meat

Sauté onions and garlic in olive oil in pot that gumbo will eventually be in.

Meanwhile, cook okra in separate pot.

Pre-cook chicken either by boiling or baking.

Simmer 1-2 hours, then let it sit (preferably overnight) before eating.

Makes 4 quarts. Note: one can of chicken broth equals 12 liquid ounces.

Double recipe

- 4 Medium Onions
- 4 Cloves Garlic
- 1 Tsp Salt
- 1 Tsp Pepper
- 6 14.5 Oz. Cans Tomatoes
- 8 Cups Chicken Broth
- 4 Tbs Worcestershire
- 3 TBS File
- 1 Lb Okra or
- 2 Cup Okra
- 4 Bouillon Cubes
- 1/4 Tsp Hot Sauce
- 2 Lb Chicken Meat

Makes 8 quarts