

# Hearty Gumbo Soup

## Soup



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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Serves: ~ 6

**Items Needed:** food processor, chef's knife, cutting board, flat spatula

### Ingredients:

- 12 ounces chicken or chicken sausage
- 6 tbsp file powder
- 1 Tbsp vegetable oil
- 1 cup bell pepper- any color- chopped
- 1 cup onion-chopped
- ½ cup celery-chopped
- ½ cup okra- cut into rounds
- ½ cup tomatoes- chopped
- 8 cups vegetable stock
- 1 ½ cups brown rice or other grain
- 3 cups vegetable stock

### Directions:

1. Heat oil in skillet over medium heat
2. Sprinkle chicken with 2 tbsp file powder
3. Cook chicken in skillet for 2 minutes, until browned, flip and cook for another 2 minutes
4. Remove chicken from skillet and set aside
5. Add oil and 4 tbsp file powder to skillet and cook until color of peanut butter
6. Add peppers, onions and celery to skillet- cook 2 minutes until tender. Mix in okra and corn- cook 1 minute longer
7. Stir in warmed vegetable stock
8. Let simmer on stove 6 minutes until gumbo is thickened
9. Chop chicken into bite sized pieces and add to gumbo- let simmer 5 more minutes
10. Cook rice or other grain as package directs with vegetable stock while the gumbo is simmering
11. Serve gumbo over a scoop of rice
12. Top with chopped parsley, green onions or hot sauce as desired