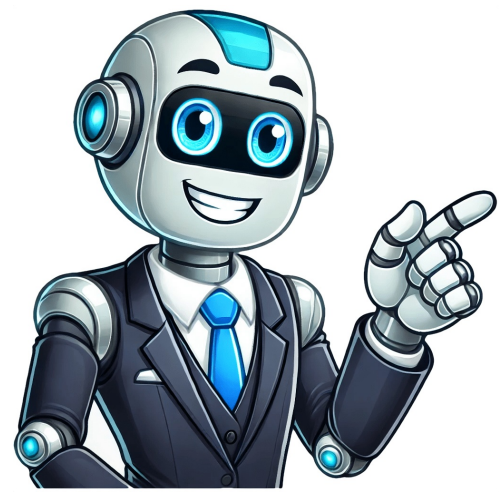


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Gumbo recipe healthy

Easy Chicken and Sausage Gumbo is a Cajun healthy gumbo recipe favorite. If you're looking for a gumbo recipe healthier, you are in the right place. When you think of Louisiana cuisine, gumbo comes to mind and especially in cold weather. This go-to favorite recipe is in Holly Clegg's Gulf Coast Favorites cookbook. The secret to a healthy gumbo is in the healthy roux! Diabetic chicken gumbo recipes are hard to find. Best of all, when you taste this easy gumbo recipe, you would never know this is also a diabetic gumbo recipe! No Time Consuming Roux for this Outstanding Healthy Gumbo Don't think this gumbo will have you standing over the stove for hours! The best part about this healthy roux is you can brown the flour ahead of time. If you've ever made gumbo, the roux is what is time consuming. With the roux done and if you buy pre-chopped seasoning, you can whip this healthy gumbo up for dinner. Easy Chicken and Sausage Gumbo Servings 14 1-cup servings 1/2 cup all-purpose flour1 lb reduced-fat sausage cut in 1/4-inch pieces2 lb boneless, skinless chicken breasts cut in pieces1 onion chopped1 tsp garlic minced1 green bell pepper cored and chopped2 stalks celery chopped8 cup fat-free chicken broth1 16-ounce package frozen cut okra or fresh cut okra1 tsp dried thyme leaves1/4 tsp cayenne1 bunch green onions chopped Place flour on baking sheet and bake 20 minutes. Stir every 7-10 minutes or until dark nutty brown color. Set aside. In large nonstick pot coated with nonstick cooking spray, stir-fry sausage over medium heat and cook until crispy brown. Set aside and remove any excess grease. Recoat skillet with nonstick cooking spray. Add chicken and cook, stirring until starting to brown and then add onion, garlic, green pepper, and celery, cooking until tender. Stir in browned flour, stir continuously. Gradually add chicken broth, okra, thyme, cayenne, and season to taste. Bring to boil, lower heat and simmer 30 minutes or until chicken is tender. Add sausage and green onions cooking 5 more minutes. Per Serving: Calories 160, Calories from fat (%) 11, Fat (g) 2, Saturated Fat (g) 1, Cholesterol (mg) 49, Sodium (mg) 550, Carbohydrate (g) 12, Dietary Fiber (g) 2, Sugars (g) 4, Protein (g) 22, Diabetic Exchanges: 1 carbohydrate, 3 very lean meat Who doesn't associate a Chicken and Sausage gumbo with Louisiana? But with Holly Clegg's Gulf Coast Favorites cookbook you get healthy Cajun recipes and even a healthy gumbo! You'll find all of your favorite healthy crawfish recipes like most popular Crawfish Etouffee. There are different kinds of gumbo but make yours with a healthy roux. However, if you are not in a region where seafood is plentiful, this chicken sausage gumbo is the answer. This diabetic gumbo boasts the rich traditional flavor of chicken gumbo without all the fat! Yes, you can even enjoy a healthy gumbo. Team Holly is so excited to give you Holly's absolute favorite Southern recipes in this Louisiana Menus: Four Menus with a Cajun Flair downloadable e-book available for only \$1.99! If you thought Southern comfort food isn't healthy, think again. You get 4 favorite healthy Cajun menus, dinners, brunch and lunch; and best of all, it comes with a SHOPPING LIST so all the work is done for you from your menu to your grocery run! Healthier and EASY-TO-MAKE Southern Cajun recipes with the nutritional information. If you have health concerns, gluten-free and diabetic-recipes are highlighted throughout. DOWNLOAD this go-to guide of delicious meals. Women's Health Magazine Features Holly's Gumbo Recipe In Top Healthy and Delicious Soups for Weight Loss! This is such a popular gumbo recipe because it's easy to make wherever you live and also healthy. It is even a diabetic gumbo recipe making this soup the perfect choice for people who love Cajun recipes. Chicken and sausage gumbo recipe is even featured in Women's Heath Magazine! Gulf Coast Favorites cookbook gives you the opportunity to enjoy all your favorite Cajun recipes but made trim and terrific! Try Using Brown Rice with Your Healthy Gumbo You can leave out the rice of the gumbo or try using brown rice for a nutritional boost. If you promise not to tell, Team Holly actually serves brown rice with our gumbo and nobody knows! One cup of white rice is less than 1 gram fiber while 1 cup brown rice has 3 grams of fiber. That's an easy nutritious transition. Try this rice that comes in the bag. No more rice intimidation. The boil in a bag works perfectly and gives you smaller portions. Check it out as cooking is about convenience and time! Your family will love rice with all of these great healthy Louisiana recipes! Chicken and Sausage Gumbo - Secret In Healthy Roux Plus Diabetic Chicken Gumbo! The secret to a good gumbo is the roux and Holly's secret is to use browned flour for a healthy roux. Not only is this roux a time saver, but you get that rich nutty flavor without all the fat. The gumbo tastes great and the roux bakes easily in the oven. You can make this healthy gumbo anywhere. Would you believe this delicious gumbo is also a diabetic chicken gumbo recipe? Also, gumbo freezes well and did you know you can also freeze extra rice? Cook with a Wooden Spoon Seems simple and silly to mention but a wooden spoon is where its at when cooking. Don't get us wrong, heat resistant spatulas are great (we love the colorful ones) but an old fashioned wooden spoon still works the best for stirring Holly's chicken and gumbo recipe and other soup recipes. There's all sorts of shapes and sizes of wooden spoons. We like this curved spoon to get into the corners of the pot. Have You Ever Used Silcon Pot Holders? Once you use these silcon pot holders, they will be your one and only kitchen pot holders for several reasons. They are easy to use and best of all, they never get dirty. Cloth pot holders end up so filthy so these colorful clean heat resistant pot holders are inexpensive and the best! Best of all, they double as a trivet to put hot pots on off the stove top or from the oven. Enjoy Louisiana Recipes Wherever You Live SHOP Holly Clegg's cookbooks to enjoy Louisiana recipes wherever you live! Remember, this book includes everyday ingredients to recreate your favorite healthy Cajun recipes easily. BBQ Shrimp recipe is the best New Orleans BBQ Shrimp recipe and the fresh seafood recipes will win you over instantly. No more dinner decisions when you can flip through this book with 30 minute easy healthy recipes. Get All of Holly's Healthy Easy Cookbooks This Post May Contain Affiliate Links. Please Read Our Disclosure Policy. This healthy and gluten free seafood gumbo tastes just like an authentic New Orleans recipe, thanks to a rich roux. With sausage, okra, shrimp, and crabmeat, this seafood gumbo is super hearty and paleo, Whole30, and low carb. It's not a quick meal or shortcut recipe; it's the real deal! I'm going to make a bold statement, my friends. But I'd like to think that's OK because, well, I don't live in New Orleans. I never have. But I live in Memphis: close enough that it's a prime spot for Nola transplants (and the restaurants that come along with them!). And it's close enough that we dash down there whenever we can, embracing the powdered-sugar-coated street corners and the poboy shop tucked away behind a Walgreens with BBQ shrimp that will blow your mind and the second lines and the deep, dark roux slowly beckoning the Holy Trinity of onions, celery, and bell pepper. So here we go: Gumbo is not gumbo if it doesn't have a roux. Quick and easy need not apply here! And sure, a little gumbo hack here and there isn't so bad. But it hurts me to even call it gumbo: let's call it chicken and sausage stew with okra. Because really? That deep, mahogany roux that took you longer than an episode of This is Us to get just right? That's the key to a really damn good gumbo. That and the simmer time. Oh, lots of simmer time. Usually I'm all about the quick and easy recipes, but this one is a little different. I am as much of a roux holder as you are. I've had it at fantastic Cajun restaurants or, for example, the chicken tikka masala at that amazing curry house you stumbled upon during your trip to London? You've gotta give it time, the right ingredients, and some real, real love. It's a real gumbo made gluten-free. The roux is deep, dark, and rich but isn't made with all-purpose flour. It's Whole30, paleo, and low carb, but you would never know it! The seafood gumbo is loaded with sausage, shrimp, crabmeat, tomatoes, and okra, making it super hearty. It goes beautifully over a bit of steamed cauliflower rice or regular white rice. This recipe is based off an authentic family seafood gumbo recipe, so if you don't believe tomatoes belong in gumbo, well, then... take it up with the family! Just kidding, take it up with me, because you're so wrong, my friend! Really, though: typically we find tomatoes in okra gumbo and no tomatoes in non-okra gumbo. Since there's okra in this one, we've got the tomatoes, too. Interestingly, the presence of tomatoes also makes this dish more Creole than Cajun. Yep! One serving has 10g net carbs, making it a low carb option and even keto friendly. Serve our cauliflower rice if low carb (If keto, caulri rice might put you over the daily max grams net carbs with this recipe). Start by making your roux: heat 1/3 cup bacon drippings in a large Dutch oven over medium-low heat. Sprinkle the cassava flour over and whisk until smooth. Settle in: you'll continue to cook this mixture over medium-low heat, stirring pretty constantly, for about 30 minutes, or until it turns a deep amber color. Keep a close eye on it so it doesn't burn but slooooooowly becomes a darker and darker shade. You'll want it to look about like this, if not a smidge darker, when it's ready: You can prep the rest of your veggies whilst working on the roux but only for a minute or so at a time before checking back on the roux! While the roux cooks, pulse your celery, onion, bell pepper, and garlic together in a food processor a few times until the mixture is chopped pretty fine and uniform. When the roux is ready, stir this "Holy Trinity" (the celery, onion, and bell pepper, plus garlic) mixture and the sliced sausage into the roux and stir to mix well. Stir in a cup of water and whisk to combine. Simmer this mixture over medium heat until the veggies are softened a bit, about 15 minutes. To keep the mixture from scorching on the bottom, add the 2nd cup of water during this process, if necessary. In the meantime, bring the 4 cups of beef broth to a boil in a medium saucepan. If you have not used the 2nd cup of water yet, add it to the saucepan and heat with the broth. When the roux-vegetable mixture is ready, stir the hot broth into the mixture in the Dutch oven and whisk well. Stir in the coconut aminos, salt, hot sauce, Cajun seasoning, bay leaves, thyme, and diced tomatoes; stir. Simmer for 2 hours over low to medium-low heat. You don't want it boiling and you don't want it doing nothing; you want a nice simmer with consistent bubbles but not too much activity. If you have gumbo filé (Lucky duck! Oh, and it's pronounce fee-lay, though you'll sometimes see it written without the accent.), add 1/2 teaspoon to the gumbo after 1 hour of simmering. While the gumbo simmers, heat 1 tablespoon avocado oil or more bacon grease in the medium saucepan used to heat the beef broth (or a skillet). Add the okra and vinegar; cook over medium heat about 5 minutes or until it's softened and bit sticky. Stir the okra into the gumbo, then add the crabmeat, shrimp. Simmer for 45 minutes over low heat. If you have gumbo filé, stir in 1 teaspoon. Serve with a little steamed cauliflower rice. Stir it in to your gumbo or pack a 1/2 cup measuring cup full and invert it in the center of a serving bowl of gumbo. Garnish with chopped parsley. Since there's no all-purpose flour, there's no gluten to contend with in this recipe. That means it's suitable for those with gluten sensitivities, intolerances, and allergies (like Celiac disease), as well as suitable for those on a paleo diet or Whole30. In addition, there's no added sugar, neither refined or unrefined. Finally, there are no weird preservatives or strange additives! And yes, of course this recipe can only be "so" authentic since it doesn't include regular ol' white flour. But cassava flour is damn close, and it produces as beautiful a roux as I've ever made with plain all-purpose flour! I highly recommend you pick up a bag of cassava flour, as it works so beautifully in other grain-free recipes, too. Almond flour, tapioca starch, and arrowroot powder will not work in place of cassava flour for this recipe. An authentic New Orleans seafood gumbo turned healthy, gluten free, paleo, low carb, and Whole30. With a real, rich roux, sausage, shrimp, and crab. Get Recipe Ingredients Make your roux: heat 1/2 cup bacon drippings in a large Dutch oven over medium-low heat. Sprinkle in cassava flour and whisk until a smooth paste forms. Cook this mixture, whisking almost constantly, for about 30 minutes, or until it turns a deep amber color. Don't let it burn – let this process happen slowly and gradually. This is what gives a real gumbo its rich flavor!Meanwhile, add your celery, onion, bell pepper, and garlic to a food processor and pulse a few times until the mixture is finely chopped.When roux is a rich amber color, stir in the celery, onion, bell pepper, and garlic mixture; add the sliced sausage. Stir well then add 1 cup water and whisk well. Bring the mixture to a simmer over medium heat and cook until the vegetables are softened a bit, about 15 minutes. Add the second cup of water, if needed, to keep the mixture from burning on the bottom of the Dutch oven.Meanwhile, bring 4 cups beef broth to a boil in a medium saucepan. If you have not used both cups of water yet, heat the 2nd cup of water with the beef broth. Stir hot broth into the roux-vegetable mixture and whisk well. Stir in coconut aminos, salt, hot sauce, Cajun seasoning, bay leaves, dried thyme, and diced tomatoes. Simmer for 2 hours over low to medium-low heat. If you have gumbo filé, add 1 teaspoon to the soup after 1 hour.In the meantime, heat 1 tablespoon avocado oil or more bacon grease in a skillet or the saucepan used to heat beef broth. Add the thawed okra and vinegar and cook over medium heat for 15 minutes or until sticky and softened. Stir into gumbo, along with crabmeat and shrimp. Simmer 45 minutes over low heat. If you have gumbo filé, stir in the remaining 1 teaspoon right before serving.Serve with steamed cauliflower rice: stir in a little to your gumbo or invert a packed 1/2 cup of cauliflower rice on top of gumbo for presentation. Garnish with chopped parsley if desired. Note 1 If you don't have bacon drippings, substitute a fat like avocado oil. Note 2 If you're not on a Whole30 or grain-free, Andouille sausage is best here. It's more authentic when you have Andouille! Note 3 Make sure your Cajun seasoning is compliant! You can also make it easily. Note 4 I left gumbo filé out of my recipe testing because it can be so hard to find. Use it if you have it, but don't stress if you don't! Click here to order gumbo filé. Calories: 273calProtein: 24gFat: 13gSaturated Fat: 4gCholesterol: 204mgSodium: 1426mgPotassium: 390mgTotal Carbs: 12gFiber: 2gSugar: 3gNet Carbs: 10gVitamin A: 440IUVitamin C: 29.7mgCalcium: 172mgIron: 3mg Tag @Gaprns on Instagram and be sure to leave a review on the blog post! Cheryl Malik In addition to being a certified health coach, certified yoga instructor, and mom of 3, Cheryl is also the recipe developer, editor-in-chief, food photographer, and passionate foodie behind 40 Aprons. Having spent the last 10+ years as a food blogger, she's become known for her flavorful recipes, detailed instructions, gorgeous photography, and down-to-earth approach to food and cooking in general. If you love Japanese cuisine, having a teriyaki chicken recipe is a must. This traditional grilled chicken is glossy, juicy, super aromatic, and goes really well with rice.What Is Teriyaki?Teriyaki (照り焼き) is literally "glossy grilling", translated word-by-word. It's one of the many famous Japanese delicacies.The meat is marinated and grilled with a sweetened soy-sauce-based marinade. As you reduce the sauce, it becomes shiny and smooth.Despite the name, teriyaki chicken recipes sometimes involve no grilling. Chicken is marinated, then slowly roasted in an oven until the skin becomes golden and the meat is cooked.If you do have a BBQ set-up and the occasion presents itself, grill your chicken on that. Nothing beats the charred marks of the grilling flame.If you do it right, the teriyaki chicken should come out with somewhat crisp skin and moist meat. When you take a bite, its fragrance will come rushing in, as the umami sauce coats your palate.SaveCheck out this similar chicken recipe that's also super fragrant and umami: sesame chicken recipe.Is Our Teriyaki Chicken Recipe Healthy?Yes, it is. Teriyaki chicken has a lot of healthy ingredients.First off, ginger. This health-promoting root has medicinal properties, including being anti-inflammatory, anti-oxidative, and a reliever of certain ailments.In addition to ginger, our teriyaki chicken recipe also uses sesame oil and seeds. They are rich in good fats that cut cholesterol, and low in saturated fats (the kind that's bad for you).We also used honey and reduced-sodium soy sauce. Honey contains trace amounts of minerals and is a better choice of sweetener than granulated sugar, while using less-sodium soy sauce helps reduce the risks of high blood pressure (and more).CaloriesEach serving of our recipe provides around 495 calories, more than 40% of which come from healthy fats and protein.The amount of saturated fat per serving is less than 5 grams, which mainly comes from the chicken fat. You can use leaner parts of the chicken for a lower fat meal.SaveTypes of Chicken MeatChicken has two types of meat: dark and white.Dark meat has a darker hue than white meat due to difference in muscle structure. It is found in the thighs and legs, and is preferable because it's juicier.White meat, on the other hand, is lighter in tone. It's in the animal's breast and wings, and despite not being as juicy, it's still beloved for many reasons.1. BreastChicken breast is the leanest part, for it is often around 21% protein. You can get boneless, skinless chicken breast or simply trim the skin off using a knife, and it'd be only 3% fat.We often use this part of the chicken (minus the skin) as the main source of protein for salads.2. WingsChicken wings are often divided into three smaller components: drumette, wingette, and wingtip, all of which are white meat. It's 17.5% protein, with 3% more fat than the chicken breast, and it's often prepared skin-on.Besides the lot-of-for hot wings, there are a lot of ways to cook chicken wings. We find that this cut is best stir-fried or grilled, then reduced in some kind of savory sauce.3. ThighsWe're using thighs in our teriyaki chicken recipe, because they're the most flavorful cut when compared to the other ones. It's 16% protein, and up to 17% fat, but hey, we've got the healthy part covered for you.To avoid having to deal with bones, you can remove them before baking the chicken, or simply look for boneless thighs.4. LegsAt around 16% protein and 16% fat, chicken leg is not popular for being lean, but for being tasty and juicy. By removing the skin and trimming visible excess fat, you'd cut off up to 12% unhealthy fat from your meal.Chicken legs can be used in many ways. However, they're often seen deep-fried.SaveSauceSince bottled sauce often contains preservatives, excess sodium and other additives, we want to make as many things from scratch as possible. The sauce in this teriyaki chicken recipe is no exception.The first ingredient you'll need is mirin. Mirin is a kind of sweet rice wine (14% alcohol), super aromatic and is often used in Japanese cuisine.If you prefer your teriyaki chicken less sweet and a bit more fragrant, substitute mirin with cooking sake. Cooking sake is sake, but with a little bit of salt, to prevent kids from buying it as a beverage.Next up, we have dashi (出汁). To make dashi, you'll need to cook katsuobushi (鰹節) with water until the flavors come out.Katsuobushi is dried, fermented, and smoked tuna shaved into "flakes". It can be used to make dashi or crushed and sprinkled onto some dishes to add a bit of umami. You can find katsuobushi in most Japanese or Asian grocery stores. In case you can't, use chicken broth instead, like our recipe does.The rest of the ingredients are soy sauce, honey, ginger, sesame oil, and rice vinegar for a little tanginess. Thanks to honey, your sauce will become glossy, shiny, and coat your chicken nicely as it reduces.If you want more teriyaki dishes, feel free to try our Asian salmon teriyaki, air fryer chicken teriyaki and Instant Pot teriyaki chicken versions.Tips for MakingAs the chicken cooks, moisture will definitely come out, and you want to collect this juice to make your sauce flavorful. You can place the chicken in a baking dish, or on a piece of foil with the sides folding up.If you use chicken legs instead of thighs, be sure to rotate them halfway through. It helps to render out all of the fat and get each side golden.Since we're reducing the sauce, the amount of sauce is also "reduced". If you prefer your teriyaki chicken to have more sauce, add more water, along with 1 tablespoon of cornstarch.The cornstarch will act as a thickening agent, leaving you with glossy, flavorful pieces of chicken.What Goes with This Recipe1. RiceTraditionally, teriyaki chicken is served along with rice. It's the main source of carbohydrates in Asian cuisine, and it has a neutral flavor that's so versatile.You can use white rice, like we do, or brown rice for a more sophisticated nutritional profile.Save2. BroccoliSteamed broccoli is one of the healthiest additions to any main dish. With diced chicken and spicy sliced sausage, it's comforting all year round for a taste inspired by the south of the USA. If you've never tried real gumbo before, it's a delicious stew with a rich flavor similar to this recipe.3. SandwichesBesides rice, this glossy dish also goes well with bread. You can arrange the chicken, sauce and veg between two slices of white bread, burger buns, or even hotdog sandwiches, or you can use wholewheat or multigrain bread for a healthier option.4. NoodlesRice may be an all-time favourite addition to teriyaki chicken, but how about stir-fried noodles with veg in teriyaki sauce. Yummy!We like our noodles with bell pepper, carrots, and cabbage, cut into slices and cooked quick so it's still crunchy. How about you?What to Serve withA typical Japanese meal, like many other Asian meals, includes several side dishes surrounding the main dish. They complement each other and create a variety of flavor and texture, and an overall wholesome feeling to the meal.As for this teriyaki chicken, it can be served with miso (味噌) soup, simple yet sophisticated. This is a popular side that you can find at almost any Japanese restaurant or convenience store.To refresh your palate, a cool, tangy green grape juice is what we recommend. It only requires a juicing machine, and 5 minutes of your time.SaveEasy Chicken Skillet to Make for DinnerColorful and flavorful, this skillet of chicken chop suey has all types of crunchy textures to complement the lean meat. The soy sauce mixture they're cooked in is so versatile, you can virtually use it for any Chinese sautes.Orange chicken is, we don't think we need to say more, divine on top of cooked rice and cooked veg. It's one of the occasions where steamed broccoli doesn't taste boring—that sticky glaze ties things together.Today, we're introducing an easy teriyaki chicken recipe that takes very little time, yet produces amazing results.cook TIME 16 minsprep TIME 14 minstotal TIME 30 minsCOURSE Main Course CUISINE Japanese SERVINGS CALORIES 495 kcalHealthy Teriyaki Chicken RecipeAmount Per Serving (1 serving)Calories 495Calories from Fat 198* Percent Daily Values are based on a 2000 calorie diet.Keywords: how to make teriyaki chicken, Teriyaki Chicken, Teriyaki Chicken Recipe, Teriyaki Chicken Recipe This non-traditional but delicious and healthy gumbo recipe is a flavorful and hearty thick stew that is lower in calories and fat. With diced chicken and spicy sliced sausage, it's comforting all year round for a taste inspired by the south of the USA. If you've never tried real gumbo before, it's a delicious stew with a rich flavor that is one of Louisiana's signature dishes at Mardi Gras in New Orleans, served with white rice. It's a cajun southern comfort food that's often cooked for hours and made with love, with a selection of delights like shrimp, chicken, sausage and sliced fresh okra to thicken. But here's my easy gumbo recipe with tomato base that is loosely inspired by the authentic recipe I tried years ago. Although there's no seafood to please those who aren't so keen. Jump to: Here are just a handful of reasons why we think this easy chicken and sausage gumbo recipe will be a regular family feast: Minimal prep Easy to customise Just takes 30 mins to make Great for using up leftover meats Made with accessible ingredients Unofficial Slimming World friendly recipe High in fibre, low in fat for a low calorie diet No dark roux needed as it is thickened with oats Hearty and filling to warm you up on a cold day One pan meal that's easy to double for a big batch Please see the printable recipe card with exact ingredient quantities, preparation instructions and nutritional information at the bottom of this post. Low calorie cooking oil spray - or you can use other oils with health fats such as olive oils or coconut oil Chicken breasts - diced. This is a lean meat, but you can use juicy chicken thighs Spicy chicken sausages - I tend to use high protein chicken sausages from Heck, such as Sweet Chilli Chicken or you can use turkey sausage Red onion - diced and sauteed to add natural sweet flavour and more antioxidants than yellow onions. Or you can swap for shallots with similar health benefits Celery sticks - chopped and fried to add flavour and texture, but you can swap for celeriac or celery salt Chopped tomatoes - These are canned tomatoes, or you can swap for passata (tomato sauce) Bay leaves - for a warming herby taste Seasoning - this is salt and ground black pepper Cajun seasoning - you should be able to find cajun spice mix in most supermarkets in the UK, or make your own cajun spices mix. Or use gumbo filé powder for a more smoky and authentic cajun cuisine Whole porridge oats - instead of using all purpose flour to make a roux, which is a thickening agent and adds fibre and protein. This is a good choice for high blood pressure Chicken stock - or you can use any stock you wish, such as pork, turkey, bone broth or shrimp stock. Alternatively, you can add stock cubes to root beer Balsamic vinegar - for sweet acidity, or feel free to use red wine vinegar, Henderson's Relish (gluten free) or Worcestershire sauce Garlic cloves - minced and fried to add more complex savory flavor Thyme - I make it with fresh sprigs of thyme from my herb garden and dried herb - whichever you have! 1. The first thing you need to do is add oil to a large frying pan. The sear the sausages over high heat until browned for 5 minutes. 2. Now add the diced chicken and continue cooking until golden brown. 3. Next throw in the diced onions, celery and garlic to saute once more until softened. For Instant Pot or crockpot gumbo: transfer to the pot and continue with the rest of the steps 4. Now slice or break up the sausages with a wooden spoon into 2-3cm chunks. Then add the remaining ingredients. 5. Cover with a lid and simmer over medium heat for 25-30 minutes, keeping a close eye towards the end in case it catches on the bottom. Slow cooker version: Cook on high for 3-4 hours Or pot heat for 6-7 hours Instant Pot gumbo: Cook on pressure cooker mode for 10 minutes. 6. Once cooked, stir in the juice of a lemon for some sweet acidity. You can also stir in some mango chutney and cream into your healthy chicken gumbo if preferred. Tip: keep checking on the pot towards the end and add a splash of water or stock if needed Depending on your dietary needs, here are a few simple swaps you can make: Oil spray - you can swap for any oil you wish, but I recommend one with a high smoking point and healthy fats for inflammation Oats - for a low carb good gumbo, you can thicken towards the end with xanthan gum or cornstarch. Or add okra to naturally thicken Chicken - feel free to make it vegetarian with Quorn chicken style pieces, or replace the meat entirely with vegetables such as diced red or green bell pepper, chickpeas, etc Sausages - use any spiced sausages. I usually use a spicy flavoured sausage like sweet chilli as they are easier to find in grocery stores Stock - swap for vegetarian, vegan, low sodium or gluten free if needed Here are some different ways you can enhance and truly personalise this recipe: Extra hot - feel free to add sliced chili pepper, hot sauce or and cayenne pepper if you want to add heat to the dish Seafood gumbo - add a selection of fish, prawns (shrimp), crawfish and crab meat if desired Vegetarian or vegan gumbo - replace the meat entirely with tofu, pulses like lentils and vegetables like bell peppers, aubergine (eggplant), courgettes (zucchini), squash and more Kid friendly - use a mild creole seasoning, or replace with smoked paprika so it's not too hot for their tastebuds Please note that as an Amazon Associate, I earn from qualifying purchases made through affiliate links. Large heavy bottom pan, dutch oven, slow cooker or Instant Pot - whichever way you want to cook it, you can! (See the recipe card for my general guidelines) Chopping board and chopping knife - to help dice raw chicken and firm vegetables with ease Measuring spoons and cups or measuring jug and kitchen scales - my recipe offers measurements in cups, spoons or grams and millimetres, so you can make it wherever you are Storing - if you have leftover gumbo, it can be stored in an airtight container and refrigerated for up to 3 days. Freezing - cool to room temperature and store in a freezer-safe container for up to 3 months. Reheating - If you want to eat the next day, defrost in the fridge if required and microwave until piping hot, or on the hob or stove. Keep checking on the pot towards the end and add a splash of water or stock if needed Use Flavoured sausages where possible for a unique and delicious taste If the oats haven't disappeared completely when cooking on the stove, continue simmering for another 5 minutes and repeat if needed Sear the meat over high heat so they hold their structure under slow cooking Add salt and pepper at the end to control the seasoning to your liking Here are some healthy serving suggestions that you van still enjoy with traditional gumbo recipes: Rice - cooked rice is the most popular way to creole food. But for more nutritional benefits, I like to eat with brown rice which is high in magnesium, or cauliflower rice which contains sulforaphane to help repair cells in the body Wholegrains - serve with a side of cooked wholegrains to soak up the juices. This could be green lentils or quinoa Crusty bread - brown bread and crackers is another great way to enjoy gumbo to mop up the sauces, or ladle into homemade bread bowls Salad - on a warmer day, we like to eat with a fresh leafy green salad, or homegrown sprouts in a jar from lentil or broccoli seeds Sides - feel free to enjoy with tasty side dishes such as cornbread, prawn fritters, healthy hashbrowns, or homemade potato salad Gumbo soup - add extra stock and enjoy it as a soup Can I use a different type of thickener? Yes, you can thicken gumbo a few different ways, such as fresh okra, file powder, or cornstarch. Can I make this recipe vegan or vegetarian? It is easy to make a vegetarian or gumbo gumbo. Swap the meats for plant based versions and stock to match. Or replace meats with your choice of vegetables. Here are a few dishes that go great with this low fat gumbo: Looking for other recipes like this? Try these: Why not subscribe to my email list to hear about the latest recipes and exclusive news from Tastefully Vikkie? You can also connect with me on social media at Facebook, TikTok, Twitter, and Instagram!