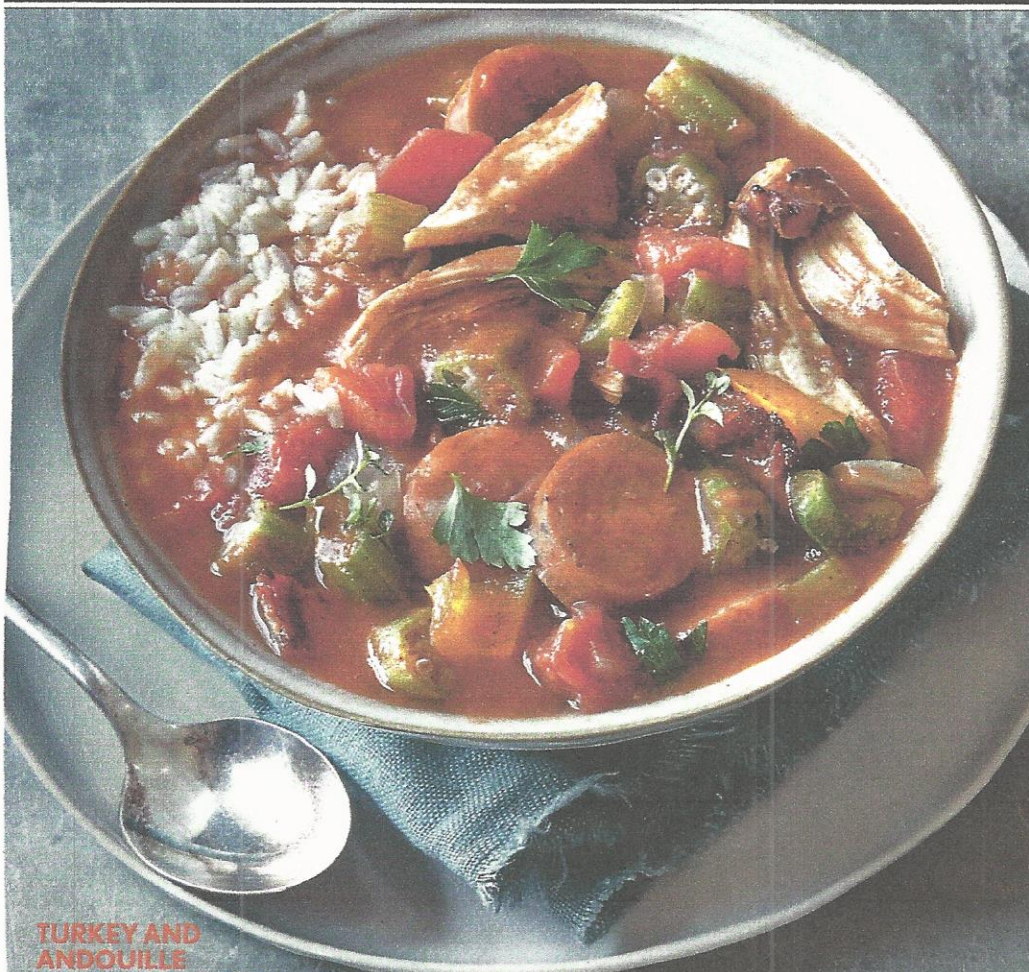


FREEZE IT

Turkey and Sausage Gumbo

Use up the big roast bird in a Cajun stew for your crew tonight, or freeze some for later.



TURKEY AND ANDOUILLE SAUSAGE GUMBO

Hands-on: 30 min.

Total: 55 min.

This gumbo is a great use for leftover roasted turkey, though cooked chicken will also work. We skip the long-stirred roux here in favor of filé powder, a thickener made from the sassafras plant; look for it on the spice aisle. For the best results, stir in the filé powder off the heat.

- 2 center-cut bacon slices, chopped
- 3/4 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery

- 2 large garlic cloves, minced
 - 4 cups unsalted chicken stock (such as Swanson)
 - 1/2 cup chopped yellow bell pepper
 - 3/4 teaspoon kosher salt
 - 6 ounces andouille sausage links, thinly sliced
 - 1 (14.5-ounce) can unsalted diced tomatoes, undrained
 - 1 (10-ounce) package sliced frozen okra
 - 1/4 cup chopped fresh flat-leaf parsley
 - 2 teaspoons chopped fresh thyme
 - 9 ounces cooked skinless, boneless turkey breast, shredded (1 1/2 cups)
 - 2 teaspoons filé powder
 - 4 cups hot cooked rice
1. Cook bacon in a large Dutch oven over medium heat 4 minutes or until crisp. Remove bacon from pan with a slotted spoon.
 2. Add onion, green bell pepper, celery, and garlic to drippings in pan; sauté 5 minutes. Add stock, yellow bell pepper, salt, sausage, tomatoes, and okra to pan; bring to a boil. Reduce heat,

and simmer 20 minutes. Stir in parsley, thyme, and turkey; cook 2 minutes or until thoroughly heated. Remove pan from heat; stir in filé powder. Divide rice among 8 bowls; top evenly with gumbo, or follow freezing instructions. Sprinkle evenly with reserved bacon.

SERVES 8 (serving size: about 1 cup gumbo and 1/2 cup rice)
CALORIES 251; **FAT** 4.7g (sat 1.7g, mono 1.9g, poly 0.9g); **PROTEIN** 20g; **CARB** 31g; **FIBER** 4g; **CHOL** 41mg; **IRON** 2mg; **SODIUM** 477mg; **CALC** 69mg

—Recipe by Diane Morgan

HOW-TO



FREEZE

Cool gumbo completely; freeze flat in a large zip-top plastic freezer bag. Freeze rice in a zip-top plastic freezer bag.



THAW

Microwave gumbo in bag at MEDIUM (50% power) for 4 minutes or until pliable.



REHEAT

Pour gumbo into a large Dutch oven over medium heat. Cook 20 minutes or until heated. Place rice in a microwave-safe bowl. Microwave at HIGH 1 minute at a time, stirring after each minute, until heated.