



THE BEST LEFTOVER TURKEY GUMBO

Recipe by LorenLou

My favorite way to use leftover turkey.
Must give credit where due....this is my modification to one of Emeril's recipes - his was to boil a turkey specifically for gumbo - mine is to use up those leftovers!



READY IN: 2hrs 45mins

SERVES: 15

UNITS: US

INGREDIENTS

- 1 ½ lbs torn/shredded leftover turkey meat
- 8 cups turkey broth or 8 cups chicken broth
- 1 cup water
- 1 ½ cups canola oil
- 1 ½ cups flour
- 2 cups chopped yellow onions
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- ½ lb smoked sausage, finely chopped (I use food processor)

- 1lb smoked sausage, sliced 1/4 inch thick
- 1tablespoon salt
- 1teaspoon cayenne pepper (or a little more if you like)
- 2tablespoons chopped green onions (green part only)
- 2tablespoons chopped fresh parsley leaves

NUTRITION INFO	
Serving Size: 1 (181) g	
Servings Per Recipe: 15	
AMT. PER SERVING	% DAILY VALUE
Calories: 444.9	
Calories from Fat 325 g	73 %
Total Fat 36.1 g	55 %
Saturated Fat 6.3 g	31 %
Cholesterol 57.4 mg	19 %
Sodium 881 mg	36 %
Total Carbohydrate 12.5 g	4 %
Dietary Fiber 1.1 g	4 %
Sugars 1.8 g	7 %
Protein 17.1 g	34 %

DIRECTIONS

Make the roux.

In a large Dutch oven, over medium heat, combine the oil and flour.

Cook, stirring constantly until dark brown (chocolate colored) for 20-30 minutes.

Add all the chopped veggies to the roux, along with the chopped sausage.

Cook, stirring occasionally, until the veggies are very soft, about 10 minutes.

Add the salt and cayenne pepper.

Add the broth and water, combining well.

Bring to a boil, then reduce heat to medium-low and cook, uncovered, stirring occasionally, for 1 1/2 hrs.

Add the turkey and sliced sausage to the gumbo.

Cook 15 minutes more.

Remove from heat, let sit for 5 minutes, then skim any fat that has risen to the surface.

Stir in green onions and parsley.

Serve over rice, with hot french bread!