

# Mardi Gras Gumbo

Submitted by: Jim Vondracek

Boneless/Skinless Chicken Thighs

Onion

Garlic

Celery

Carrots

Frozen Okra

Stock

1 Jalapeno Pepper, de-seeded and chopped

Pepper

Salt

Butter

Flour

Parsley

Cut up the chicken thighs and brown them in a skillet, place in crock pot. Sauté onion, garlic, celery and carrots; add to crock pot. Add a bag of frozen okra and enough stock to cover. Add the jalapeno and enough salt and pepper to season.

After 2 hours or so, when the gumbo is boiling, make a butter and flour roux and add to the gumbo to thicken.

Just before serving, stir in chopped flat parsley. Serve with rice.