

Panasonic Cooking

Southern Style Chicken Gumbo Soup

Who wouldn't love soup?! With one touch of a button, a chicken gumbo soup is this easy to make!

Ingredients:

1- 4 ounce (115 g) piece Andouille sausage (you can use hot Italian or chorizo) cut in half

Lengthwise, sliced on the bias

1 lb (454 g) cooked chicken leg, deboned, cut into cubes

3 cloves (20 g) garlic, chopped

1 small (100 g) onion, chopped

1 stalk (50 g) celery, chopped

1 small (50 g) carrot, chopped

½ medium (100 g) green pepper, chopped

3 medium (400 g) tomatoes, chopped

6-8 pieces (90 g) okra sliced

2 tbsp (30 ml) cajun spice*

6 cups (1½ litres) chicken stock

½ cup (120 g) rice

1 tsp (5 ml) canola oil

Directions:

1. Place the sausage and chicken in the bottom of the multi cooker pan, with the canola oil, garlic and Cajun spices. Place the vegetables, except the tomatoes, on top. Close the lid, select the Comote setting, and press Start.

2. Once you hear the beep, press Stop, open the lid, add the remaining ingredients, close the lid and select the Soup setting, adjust the timer to 1½ hours, press Start.

*A store bought blend of cajun spice is perfectly acceptable or you may prefer to make your own:

1 tsp (5ml) salt

1 tsp (5ml) garlic powder

½ tsp (2 ml) onion powder

½ tsp (2 ml) cayenne pepper

1 ½ (7 ml) paprika

½ tsp (2 ml) ground black pepper

1 tsp (5 ml) dried oregano

1 tsp (5 ml) dried thyme

¼ tsp (1 ml) red pepper flakes