



Total Time
65 MIN.

Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
MEDIUM

Yields
18

This Cajun classic is simmered with pepper, celery, onions and tomatoes with Swanson Unsalted Chicken Broth along with rice, Cajun seasonings and smoked ham to accent.

Nutrition Facts


| | | |
|---------------------------|--------------------|----------------------|
| Serving Size | 1 CUP (8 OZ LADLE) | |
| Amount Per Serving | | |
| Calories | 105 | |
| | | % Daily Value |
| Total Fat | 3g | 5% |
| Saturated Fat | 0.3g | 2% |
| Cholesterol | 13mg | 4% |
| Sodium | 174mg | 7% |
| Total Carbohydrate | 12.2g | 4% |
| Dietary Fiber | 1.6g | 6% |
| Protein | 7.4g | 15% |
| Vitamin A | 1% | Vitamin C 22% |
| Calcium | 3% | Iron 4% |



INGREDIENTS

WEIGHT

MEASURE

| | | | |
|--|--------|-------|--------|
| vegetable oil | | 2 1/2 | tblsp. |
| all-purpose flour | | 1/2 | cups |
| onion, chopped | 11 oz. | 2 | cups |
| garlic, peeled, minced | | 3 | tblsp. |
| celery, chopped | 7 oz. | 2 | cups |
| green pepper, diced | 10 oz. | 2 | cups |
| Cajun seasoning | | 1 | tblsp. |
| fresh thyme leaves | | 1 | tblsp. |
|  Swanson® Unsalted Chicken Broth | | 2 | qt. |
| no salt added diced tomatoes, undrained | 1 lb. | 2 | cups |
| bay leaf, individual leaf(ves) | | 2 | leaves |
| cooked diced chicken | 10 oz. | 2 | cups |
| cooked brown rice | 10 oz. | 1 1/2 | cups |
| smoked pork ham | 8 oz. | 2 | cups |
| frozen okra | 3 oz. | 1 | cups |
| black pepper | | 1 | tsp. |
| ground red pepper | | 1/8 | tsp. |
| dried parsley flakes | | 1/2 | cups |
| gumbo file powder | | 1 1/2 | tblsp. |



INSTRUCTIONS

1. In a kettle, heat oil over medium-low heat; add flour and cook 20 minutes, stirring often, to create a dark, coffee-brown roux.
2. Increase heat to medium and stir in onion; cook 5 minutes, stirring often.
3. Mix in garlic and cook 3 minutes.
4. Add celery, peppers, Cajun seasonings and thyme and cook 5 minutes, stirring often.
5. Stir in Swanson Unsalted Chicken Broth, tomatoes and bay leaves. Return to a boil; reduce heat and simmer 15 minutes.
6. Stir in chicken, rice, ham, okra and ground peppers and return to a simmer. Keep warm.
7. Just before serving, remove bay leaves and stir in parsley and gumbo file.
CCP- Heat to a minimum internal temperature of 165°F for one (1) minute.
CCP- Hold for hot service at 140°F.
8. To Serve: Using an 8 oz ladle, portion 1 cup soup.