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Healthy Chicken and Shrimp Gumbo

2	Tablespoon(s)	Paul Prudhome's Meat Seasoning	
1	pound(s)	Chicken breast, boneless, skinless	diced into 1/2" cubes
1	pound(s)	Shrimp	medium, peeled
6	cup(s)	mustard green	chopped
3	cup(s)	onion	chopped
2	cup(s)	green bell pepper	chopped
2	cup(s)	celery	chopped
3	cup(s)	okra, fresh	sliced
3		bay leaf	
1	cup(s)	apple juice	
6	Tablespoon(s)	flour, all-purpose	browned
3	cup(s)	chicken stock, defatted & lo sodium	
2	cup(s)	Seafood Stock defatted	
3	cup(s)	collard greens	chopped
6	cup(s)	brown rice, cooked	

Sprinkle the diced chicken with 1 tablespoon of the seasoning mix, and sprinkle the shrimp with another 1 tablespoon of the seasoning mix.

Preheat a heavy 5-quart pot over high heat to 350°, about 4 minutes.

Add 3 cups of the mustard greens, 2 cups of the onions, all of the bell peppers and the celery, 1 cup of the okra, and the bay leaves.

Cook for about 8 minutes stirring occasionally to check for sticking.

Add the apple juice and remaining seasoning mix, stir, and cook until most of the liquid is absorbed, about 6 to 8 minutes.

Add the seasoned chicken, cover the pot, and cook 2 minutes.

Add the browned flour and stir until it is completely absorbed and a paste forms.

Cover and cook 1 minute.

Add both the stocks, stir well, cover, and bring to a boil, and cook 3 minutes.

Add the collard greens, the remaining mustard greens, onions, and okra, and mix thoroughly.

Cover the pot and bring to a boil, about 5 minutes.

Add the seasoned shrimp, stir, bring to a boil, and cook until shrimp turn pink and plump, about 3 to 4 minutes.

Serve over rice.

**If you have any questions about this recipe or cooking questions
feel free to call me @ 734-516-0236 or email me at chefpaul@callchefpaul.com**