Chicken Gumbo

**Ingredient List**

8-10 portions

- 2 lb boneless chicken
- 1 cup diced onion
- 1 diced green pepper
- 5 sliced green onions
- 1 cup diced celery
- 2 tablespoons flour
- 2 tablespoons oil
- 1 tablespoons garlic
- 2 cups water
- 4 cups crushed tomatoes
- 2-3 bay leaves
- 1 teaspoon crushed red pepper

**Cooking Instructions**

1. Cut chicken into strips or small pieces.
2. Place flour and chicken in a bowl and toss to coat chicken with flour.
3. Heat oil in a saucepan.
4. Place chicken in heated oil and cook until browned on all sides.
5. Remove chicken from pan.
6. In the same pan add onion, green onion, celery, green peppers, and garlic; sauté for about 5 minutes stirring constantly to keep from sticking.
7. Return chicken to pot with sautéed vegetables and garlic.
8. Combine water, crushed tomato, bay leaf and crushed red peppers.
9. Bring to a boil; reduce heat and simmer uncovered for approximately 45 minutes stirring occasionally.
10. Serve over steamed brown rice.