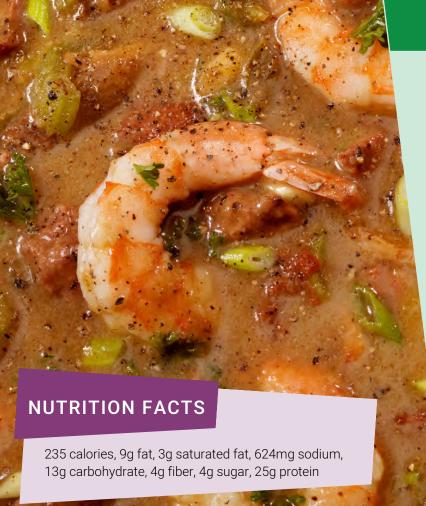
1 ½ HOURS | SERVES 8

INGREDIENTS

- ¾ pound boneless, skinless chicken thighs
- 1/2 teaspoon salt, divided
- 1 teaspoon black pepper, divided
- 2 tablespoons peanut or safflower oil (or another high-heat cooking oil), divided
- 1 large onion, chopped
- 1 green bell pepper, seeded and diced
- 3 celery ribs, chopped
- ¼ cup whole wheat flour
- 6 cloves garlic, minced
- ¼ cup Worcestershire sauce
- 1/4 teaspoon cayenne (optional)
- 1 teaspoon smoked paprika
- ½ pound Andouille sausage, cut into ¼-inch slices
- 4 cups low-sodium beef broth
- 1 14-ounce can low-sodium diced tomatoes
- 2 cups chopped okra
- ¾ pound medium shrimp, peeled and deveined
- 1/4 cup fresh parsley, chopped

DIRECTIONS

- 1. Season chicken with ¼ teaspoon salt and ½ teaspoon pepper. In large heavy pot, heat 1 tablespoon of oil over medium-high heat. Add chicken and cook until lightly browned on both sides, about 5 minutes per side. Remove chicken from pan and set aside.
- 2. In the same pot, add remaining 1 tablespoon of oil. Over medium-high heat, cook onion, bell pepper, and celery, stirring frequently. Cook about 5–10 minutes, until lightly browned. Sprinkle in flour and continue cooking, stirring constantly, until mixture is browned. Add garlic, Worcestershire sauce, remaining salt and pepper, cayenne, and paprika. Cook 1–2 minutes, until fragrant. Add sausage and cook, stirring frequently, until browned, about 5 minutes.
- 3. Stir in broth and tomatoes, scraping bottom of pan for any brown bits. Simmer over medium heat for about 25 minutes, until soup is thickened.
- 4. Add okra and cook until soft, about 5 minutes. Cut cooled chicken thighs and add to pot. Add shrimp and cook until they are cooked through, about 3-4 minutes. Remove from heat and top with chopped parsley



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