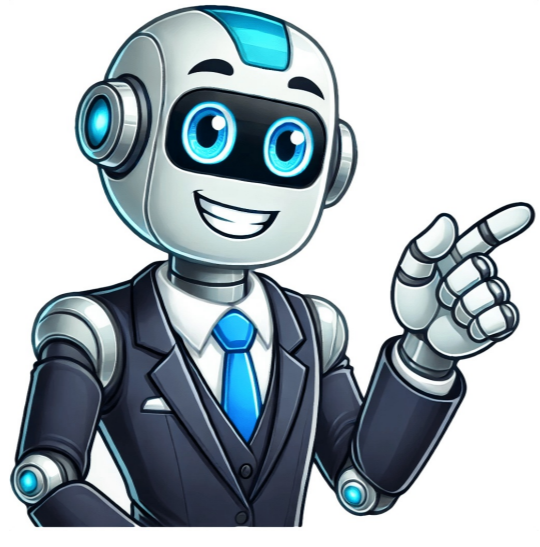


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Gumbo crockpot recipes

Soon to be a new family favorite this flavor packed Slow Cooker Gumbo recipe is an easy 'dump and go' meal. This Gumbo is easy to assemble in the crockpot with an optional roux for an authentic Creole taste! This post may contain Affiliate Links. I am a little hesitant to post this recipe because I don't want people with Cajun and Creole roots to yell at me... I am a complete northern girl so because I don't have a family recipe for Gumbo or Jambalaya passed down to me I had to make my own up. I stuck to tradition for most of this dish but also wanted to make it delicious and easy, so hopefully you will find this Gumbo fits all of that What is the difference between Jambalaya and Gumbo? Both come from Creole and Cajun roots and have vast similarities but the main difference is how the rice is cooked. Gumbo is a stew served along with rice cooked separate, and depending on Creole or Cajun it is either brown with no tomatoes (Cajun) or with tomatoes (Creole). Jambalaya is cooked with the rice, think of it as a distant cousin of the Spanish paella, with the rice in the pot. Both typically use a roux, the 'holy trinity' of vegetables (bell pepper, onions, celery), and proteins such as chicken, shrimp, and sausage. Now I will point out that both Gumbo and Jambalaya have a lot to do with how each family prepared it, so these recipes might look quite different to everyone. But in the spirit of being a huge fan this northern girl has made her own crockpot gumbo... I have heard it said many time Cajun and Creole cuisine, they say "start with a roux". When I went to work on this Slow Cooker Gumbo Recipe I didn't want to stray too far from its Creole roots, so in this spirit I put a roux in my crockpot. STOP, before you leave because that sounds complicated don't. First off, the roux I put in this recipe is very simple and only adds about 5 minutes. Second, you don't have to do the roux, so much so that I wrote it as 'optional' in the instructions. BUT you should totally put the roux in. Not only does it add flavor to the dish but it also adds as a thickening agent. AND at this point if you still aren't sure what a roux is, a roux is a mixture of fat (in this case butter) and flour used in making sauces. Beyond the roux this recipe is a great 'dump and go' option. Besides making the rice and throwing in the shrimp during the last 15 minutes you really just dump and stir everything into the crock and let it work its magic. So here is what you need... Crockpot/Slow Cooker Cutting Board & Knife typical Kitchen Accessories such as measuring cups/spoons, can opener, and large spoons for the Roux, a Skillet and Whisk You will need: Red Bell Pepper - diced into small pieces Onion - yellow or white onion works, the onion will be diced Celery Stalks - chopped up Diced Tomatoes (the big can) - a large can of diced tomatoes (or 2 of the regular size), if you aren't a fan of chunky tomatoes you can use crushed tomatoes Chicken Thighs - Boneless and Skinless, try to not to substitute for chicken breasts here as they probably will get mushy and not hold up to the rest of the ingredients Andouille Sausage - you can find them in a package usually somewhere near the package meats, sizes will probably vary slightly but anything around 12 to 16 ounces should work Shrimp - a pound of medium sized RAW shrimp. 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NOTE - In a lot of traditional Gumbo recipes you will see Okra, it is not easy to find fresh okra where I live, keeping in step with the Cajun/Creole seasoning above I did not use it in this recipe. If you have okra plentiful use some! First up the 'optional' roux. To make the roux for this dish add a skillet to the stovetop and add the butter bring to medium heat. Once the butter is fully melted and starting to bubble add the flour. Whisk to combine, it might seem hard and chunky at first but just keep whisking. Continue to whisk until the mixture becomes smooth, keep whisking slowly until the roux becomes a dark brown color about 4 minutes. Remove from the heat, set aside until you are ready to add the crockpot. To make the Gumbo add the diced red bell pepper, onion, celery, diced tomatoes, chicken thighs, sliced andouille, cajun seasoning, salt, thyme, broth, and minced garlic to the crock. And if you made a roux add that in. Do NOT add the shrimp yet. Stir together to combine and cook on LOW 6-7 hours or HIGH 3-4 hours. During the last 15 minutes of cooking stir in the shrimp. I recommend leaving the shells on for maximum flavor but it isn't absolutely necessary. When you add the shrimp make sure you also make your rice for serving! Please note: ADD THE SHRIMP AT THE END, for artistic purposes I took the ingredients photo with them in the crockpot, they will turn out better if you add them at the end. What do I serve with Crockpot Gumbo? You will want to serve this over a bed of rice, the best time to make the rice is while the shrimp is cooking, use my Foolproof Stovetop Rice Recipe HERE. I would also recommend serving this with a large helping of Hush Puppies or biscuits to soak up any extra sauce on the plate! Variations: You can use the traditional green bell pepper in place of red. I use red because I think the sweetness adds to the dish a lot although a green bell pepper might be more traditional. Also feel free to add okra to the dish! Note: The roux can be made ahead of time and stored in the refrigerator. Total Time 6 hours 10 minutes 1 red bell pepper, diced 1 onion, diced 3 celery stalks, diced 28 ounces can diced tomatoes (the big can) 1 ½ pounds chicken thighs, boneless skinless 1 package andouille sausage, sliced 1 pound raw shrimp (add at the end) 1 tablespoon cajun seasoning 1 teaspoon kosher salt ½ teaspoon dried thyme 2 cups chicken broth 1 teaspoon minced garlic 2 cups cooked rice for serving 4 tablespoons butter 1/4 cup + 2 tablespoons flour Optional: Make a roux using the optional butter and flour. On the stovetop add the butter to a skillet over medium heat. Once melted and starting to bubble add the flour to the butter. Whisk to combine and continue to whisk until the mixture becomes a dark brown color about 4 minutes. Remove from the heat, set aside until you are ready to add the crockpot. Add the diced red bell pepper, onion, celery, diced tomatoes, chicken thighs, sliced andouille, cajun seasoning, salt, thyme, broth, minced garlic, and if you are using it the optional roux from step one. Do NOT add the shrimp yet. Stir to combine and cook on LOW 6-7 hours or HIGH 3-4 hours.During the last 15 minutes of cooking stir in the shrimp. I recommend leaving the shells on for maximum flavor but it isn't absolutely necessary. Once the shrimp is pink and no longer translucent the gumbo is ready to eat. Shred the chicken thighs into bite size pieces. Serve over a bed of rice. ADD THE SHRIMP AT THE END, for artistic purposes I took the ingredients photo with them in the crockpot, they will turn out better if you add them at the end. The package of andouille sausage I used was 13 ounces, anything from about 12-16 ounces should work perfectly fine here. While the shrimp is cooking is a good time to make the rice, use my Foolproof Stovetop Rice Recipe HERE.You can use any color bell pepper in place of red. I use red because I think the sweetness adds to the dish a lot although a green bell pepper might be more traditional. The roux can be made ahead of time and stored in the refrigerator. 6 about 1.5 cups over rice Amount Per Serving: Calories: 501Total Fat: 22gSaturated Fat: 9gTrans Fat: 0gUnsaturated Fat: 11gCholesterol: 327mgSodium: 2443mgCarbohydrates: 27gFiber: 4gSugar: 6gProtein: 50g Nutritional data is automated, final nutritional information will depend on ingredients used and any changes made. Please leave a comment below on the blog or share a photo with me in the schmidty wife! Can't wait to see what you made! And make sure you are following me on TikTok, Instagram, and Pinterest, for all the latest recipes! Gumbo is a hearty stew originating from Louisiana, a staple of Southern cuisine. This flavorful dish is typically made with a combination of ingredients like meat, seafood, vegetables, and okra, all slow-cooked in a rich and spicy broth. While traditional gumbo recipes often require hours of stovetop or oven cooking, using a slow cooker can simplify the process and result in a deliciously tender and flavorful meal. In this article, we'll explore the basics of gumbo, its history, and provide a step-by-step guide on how to make gumbo in a slow cooker. A Brief History of Gumbo Gumbo has its roots in Louisiana, where it was created by African, French, and Native American cooks in the 18th century. The dish was originally made with a combination of ingredients like okra, rice, and a variety of meats and seafood. Over time, gumbo evolved and spread throughout the Southern United States, with different regions developing their own unique variations. Today, gumbo remains a beloved dish in Louisiana and beyond, with countless recipes and cooking methods available. Understanding the Basics of Gumbo Before we dive into the slow cooker recipe, it's essential to understand the basics of gumbo. A traditional gumbo typically consists of a protein source (meat, seafood, or a combination of both) a variety of vegetables (onions, bell peppers, celery, and okra) a roux (a mixture of flour and fat) used as a thickening agent A flavorful broth (stock or water with added spices and seasonings) Rice, which is often served on the side or added to the gumbo itself Choosing the Right Ingredients for Your Slow Cooker Gumbo When it comes to making gumbo in a slow cooker, the right ingredients can make all the difference. Here are some key ingredients to consider: Protein: You can use a variety of proteins like chicken, sausage, shrimp, or a combination of your favorites. Vegetables: Onions, bell peppers, celery, and okra are all essential ingredients in gumbo. You can also add other vegetables like carrots, potatoes, or mushrooms to suit your taste. Roux: While traditional gumbo recipes often call for a homemade roux, you can also use store-bought roux or omit it altogether for a lighter version. Broth: You can use chicken or beef stock, or a combination of both, as the base of your gumbo broth. Add spices and seasonings like cayenne pepper, thyme, and oregano to give your gumbo flavor. Rice: Serve your gumbo over cooked white or brown rice, or add cooked rice directly to the slow cooker. Slow Cooker Gumbo Recipe Here's a simple and delicious slow cooker gumbo recipe to get you started: Ingredients: 1 lb boneless, skinless chicken breast or thighs 1 lb smoked sausage, sliced 1 large onion, chopped 3 stalks celery, chopped 3 cloves garlic, minced 1 large bell pepper, chopped 2 cups okra, sliced 1 cup diced tomatoes 2 cups chicken broth 1 tsp dried thyme 1 tsp dried oregano 1/2 tsp cayenne pepper Salt and pepper, to taste 2 tbsp flour (optional) Cooked rice, for serving Instructions: Add the chicken, sausage, onion, celery, garlic, bell pepper, and okra to the slow cooker. In a separate bowl, whisk together the diced tomatoes, chicken broth, thyme, oregano, cayenne pepper, salt, and pepper. Pour the mixture over the ingredients in the slow cooker. Cook on low for 6-8 hours or high for 3-4 hours. About 30 minutes before serving, stir in the flour powder (if using). Serve the gumbo over cooked rice, garnished with chopped scallions and a dash of hot sauce (if desired). Tips and Variations To add some heat to your gumbo, use hot sauce or red pepper flakes to taste. For a seafood gumbo, substitute the chicken and sausage with shrimp, crab, or crawfish. To make a vegetarian gumbo, omit the meat and add extra vegetables like mushrooms, carrots, or potatoes. Experiment with different spices and seasonings, like paprika or cumin, to give your gumbo a unique flavor. Common Mistakes to Avoid When Making Slow Cooker Gumbo While making gumbo in a slow cooker is relatively easy, there are some common mistakes to avoid: Overcooking the gumbo: This can result in a mushy, unappetizing texture. Cook the gumbo on low for 6-8 hours or high for 3-4 hours, and check the texture periodically. Not browning the meat: Browning the meat before adding it to the slow cooker can add depth and flavor to the gumbo. Simply cook the meat in a skillet until browned, then add it to the slow cooker. Not using enough liquid: The gumbo should have a thick, stew-like consistency. If the gumbo is too thick, add more broth or water. If it's too thin, simmer the gumbo on high for 30 minutes to reduce the liquid. Slow Cooker Gumbo Nutrition Information Here's a breakdown of the nutrition information for our slow cooker gumbo recipe: Nutrient Amount (per serving) Calories 420 Protein 35g Fat 20g Sodium 450mg Carbohydrates 25g Fiber 5g Conclusion Making gumbo in a slow cooker is a great way to enjoy this classic Louisiana dish with minimal effort. By following our simple recipe and tips, you can create a delicious and flavorful gumbo that's perfect for any occasion. Whether you're a gumbo newbie or a seasoned pro, we hope this article has inspired you to get creative in the kitchen and experiment with this beloved Southern dish. What is gumbo and where does it originate from? Gumbo is a classic Louisiana dish that originated in the southern United States. It is a hearty stew made with a combination of ingredients such as meat, seafood, vegetables, and thickening agents like okra or filé powder. The dish has its roots in African, French, and Native American cuisines, which were blended together by the people of Louisiana to create this unique and flavorful stew. The exact origin of gumbo is unclear, but it is believed to have been created by the Creole people of Louisiana in the 18th century. The dish was originally made with ingredients that were readily available in the region, such as okra, rice, and andouille sausage. Over time, gumbo has evolved and spread throughout the United States, with different regions developing their own unique variations of the dish. What is the difference between slow cooker gumbo and traditional gumbo? The main difference between slow cooker gumbo and traditional gumbo is the cooking method. Traditional gumbo is typically made on the stovetop or in a large pot over an open flame, where it is simmered for several hours to develop its rich and flavorful broth. Slow cooker gumbo, on the other hand, is made in a slow cooker, where it is cooked on low heat for several hours. Despite the difference in cooking method, slow cooker gumbo can be just as flavorful and delicious as traditional gumbo. The slow cooker allows the ingredients to simmer together slowly, which helps to extract the flavors and tenderize the meat. Additionally, slow cooker gumbo is often easier to make than traditional gumbo, as it requires less attention and stirring. What are the benefits of making gumbo in a slow cooker? One of the main benefits of making gumbo in a slow cooker is the convenience it offers. Simply add all the ingredients to the slow cooker in the morning, and come home to a delicious and ready-to-eat meal. This makes slow cooker gumbo a great option for busy people who don't have a lot of time to spend in the kitchen. Another benefit of making gumbo in a slow cooker is the ease of preparation. Slow cooker gumbo requires minimal preparation and stirring, which makes it a great option for people who are new to cooking or who don't feel comfortable with complex recipes. Additionally, slow cooker gumbo is a great way to cook for a crowd, as it can be easily scaled up or down to feed any number of people. What type of meat can I use in slow cooker gumbo? There are many types of meat that you can use in slow cooker gumbo, including andouille sausage, chicken, shrimp, and bacon. Andouille sausage is a classic choice for gumbo, as it adds a spicy and smoky flavor to the dish. Chicken and shrimp are also popular choices, as they add protein and flavor to the gumbo. You can also use other types of meat in slow cooker gumbo, such as ham, pork, or beef. The key is to choose a meat that is flavorful and tender, and that will hold up well to the long cooking time. You can also use a combination of meats to create a hearty and flavorful gumbo. Can I make slow cooker gumbo without okra? Yes, you can make slow cooker gumbo without okra. Okra is a traditional ingredient in gumbo, as it helps to thicken the broth and add flavor. However, you can also use other thickening agents, such as filé powder or cornstarch, to achieve the same effect. If you don't have okra or prefer not to use it, you can simply omit it from the recipe and add additional thickening agents as needed. Keep in mind that the flavor and texture of the gumbo may be slightly different without okra, but it will still be delicious and flavorful. How do I serve slow cooker gumbo? Slow cooker gumbo is typically served over rice, which helps to soak up the flavorful broth. You can also serve gumbo with a variety of other sides, such as crackers, bread, or vegetables. Some people also like to add additional ingredients to their gumbo, such as diced onions, bell peppers, or hot sauce. To serve slow cooker gumbo, simply ladle it over a bed of rice and add any desired sides or toppings. You can also serve gumbo in bowls and let everyone add their own toppings and sides. This makes slow cooker gumbo a great option for a casual dinner party or gathering. Can I freeze slow cooker gumbo? Yes, you can freeze slow cooker gumbo. In fact, gumbo is one of those dishes that often tastes better the next day, after the flavors have had a chance to meld together. To freeze slow cooker gumbo, simply let it cool completely and then transfer it to airtight containers or freezer bags. Frozen gumbo will keep for several months in the freezer. To reheat, simply thaw the gumbo overnight in the refrigerator and then reheat it in the slow cooker or on the stovetop. You can also reheat frozen gumbo in the microwave, but be careful not to overheat it. Soon to be a new family favorite this flavor packed Slow Cooker Gumbo recipe is an easy 'dump and go' meal. This Gumbo is easy to assemble in the crockpot with an optional roux for an authentic Creole taste! This post may contain Affiliate Links. I am a little hesitant to post this recipe because I don't want people with Cajun and Creole roots to yell at me... I am a complete northern girl so because I don't have a family recipe for Gumbo or Jambalaya passed down to me I had to make my own up. I stuck to tradition for most of this dish but also wanted to make it delicious and easy, so hopefully you will find this Gumbo fits all of that What is the difference between Jambalaya and Gumbo? Both come from Creole and Cajun roots and have vast similarities but the main difference is how the rice is cooked. Gumbo is a stew served along with rice cooked separate, and depending on Creole or Cajun it is either brown with no tomatoes (Cajun) or with tomatoes (Creole). 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BUT you should totally put the roux in. Not only does it add flavor to the dish but it also adds as a thickening agent. AND at this point if you still aren't sure what a roux is, a roux is a mixture of fat (in this case butter) and flour used in making sauces. Beyond the roux this recipe is a great 'dump and go' option. Besides making the rice and throwing in the shrimp during the last 15 minutes you really just dump and stir everything into the crock and let it work its magic. So here is what you need... 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NOTE - In a lot of traditional Gumbo recipes you will see Okra, it is not easy to find fresh okra where I live, keeping in step with the Cajun/Creole seasoning above I did not use it in this recipe. If you have okra plentiful use some! First up the 'optional' roux. To make the roux for this dish add a skillet to the stovetop and add the butter bring to medium heat. Once the butter is fully melted and starting to bubble add the flour. Whisk to combine, it might seem hard and chunky at first but just keep whisking. Continue to whisk until the mixture becomes smooth, keep whisking slowly until the roux becomes a dark brown color about 4 minutes. Remove from the heat, set aside until you are ready to add the crockpot. To make the Gumbo add the diced red bell pepper, onion, celery, diced tomatoes, chicken thighs, sliced andouille, cajun seasoning, salt, thyme, broth, and minced garlic to the crock. And if you made a roux add that in. Do NOT add the shrimp yet. Stir together to combine and cook on LOW 6-7 hours or HIGH 3-4 hours. During the last 15 minutes of cooking stir in the shrimp. I recommend leaving the shells on for maximum flavor but it isn't absolutely necessary. When you add the shrimp make sure you also make your rice for serving! Please note: ADD THE SHRIMP AT THE END, for artistic purposes I took the ingredients photo with them in the crockpot, they will turn out better if you add them at the end. What do I serve with Crockpot Gumbo? You will want to serve this over a bed of rice, the best time to make the rice is while the shrimp is cooking, use my Foolproof Stovetop Rice Recipe HERE. I would also recommend serving this with a large helping of Hush Puppies or biscuits to soak up any extra sauce on the plate! Variations: You can use the traditional green bell pepper in place of red. I use red because I think the sweetness adds to the dish a lot although a green bell pepper might be more traditional. 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Jump to With smoky, spicy andouille sausage, tender chicken, cajun seasoning, and what's known as the holy trinity of vegetables (onion, bell pepper, and celery), this recipe uses the power of the Crock Pot to make a restaurant-quality gumbo from the comfort of home. If you love easy Southern Crock Pot dinner recipes, you'll also want to try my slow cooker jambalaya, crockpot pork ribs, crock pot red beans and rice, and this zesty Cajun chicken pasta. Fills You Up: This slow cooker chicken gumbo is an entire hearty meal in one bowl. Hardly Any Dishes to Do: Because you're throwing everything in the crockpot, there's hardly any cleanup after making this chicken and sausage gumbo! Incredible Flavor: This slow cooker gumbo recipe gives you classic Louisiana and Southern-style flavors without tons of effort. Boneless, Skinless Chicken Thighs: You could also use boneless, skinless breasts, but I like the rich flavor from dark meat for this sausage chicken gumbo. Andouille Sausage: Andouille gives a lot of flavor and spice to this dish. If you can't find andouille or you prefer something more mild, you can substitute smoked pork sausage, spicy chorizo, or Polish kielbasa. Yellow Onion, Green Bell Pepper, and Celery: These veggies go straight into the Crock Pot for this recipe and give it classic gumbo flavors. Fire Roasted Diced Tomatoes: Tomatoes are commonly used in Creole-style gumbo but not as often with Cajun gumbo. These tomatoes have a slightly smoky flavor after being roasted and add a lot of great depth to the gumbo base. Minced Garlic: I love using fresh garlic for this Cajun gumbo. If you're short on time, you could also use garlic from the jar. Paprika, Onion Powder, Cajun Seasoning, and Cayenne Pepper: A great gumbo is all about the spice mix and we've got this one down. You can adjust the heat level and make it spicier if you prefer. Low-Sodium Chicken Broth: I like salting this dish to taste, so using low-sodium broth makes it easier to control how salty it is. Vegetable broth could also work. Bay Leaves: Bay leaves add a delicate warmth to the dish. If you don't have any on hand, you could use a sprinkle of oregano and thyme instead. Cornstarch: Used to thicken the sauce. Many gumbo recipes call for a roux made with flour but for this Crock Pot gumbo, we're keeping it simple with a cornstarch slurry. See the recipe card below for exact ingredient amounts, nutritional information, and detailed instructions. Add Okra: Okra is a classic southern vegetable to include in this dish. You could use fresh, canned or frozen okra. Add it towards the end of the cooking time when you're making slow cooker chicken and sausage gumbo. It will thicken the broth so you might want to use a little less cornstarch for the slurry. Add Shrimp or Crab: During the last 20-30 minutes of cooking, you could add shrimp or lump crabmeat to give more of the classic seafood flavors in gumbo. Add More Spiciness: Extra cayenne, sliced jalapenos, or Louisiana hot sauce on top would add more of a kick to this gumbo. Use Red Pepper: Green pepper is considered a classic ingredient in traditional gumbo, but red bell pepper works great, too! Here's how to make gumbo in the crock pot. Step 1: Assemble the Ingredients in the Slow Cooker. Go ahead and dump everything in the Crock Pot, except the bay leaves and cornstarch, and stir it well. Then, add the bay leaves on top. Step 2: Cover and Cook. Cook on high for 2 ½-3 ½ hours or low for 4-6 hours. Step 3: Make a Slurry. Remove the bay leaves and a ½ cup of broth. Mix the cornstarch into the broth, stir it up, then add it back into the slow cooker. Let everything simmer for another 15 minutes or until the sauce has thickened. Step 4: Serve Hot. You can serve gumbo with rice and fresh parsley as the garnish. If you have extra time (and the energy for a few more dishes), you can always saute the sausage on the stovetop first before adding it. Storing and Reheating: Store in an airtight container in the fridge for 1-2 days or frozen for up to 3 months. Reheat the dish on the stovetop or in the microwave on medium heat for 30-60 second intervals until it is heated through. Adding Spiciness: Adjust the cayenne pepper to suit your taste. You can always add more later or serve the dish with hot sauce so everyone can adjust the seasoning to their preference. Salt Levels: Andouille sausage and Cajun seasoning can sometimes be salty. Be sure to taste the gumbo towards the end of your cooking time to decide if more salt is needed. Slow Cooker Gumbo is a "set it and forget it" stew made with chicken, sausage, vegetables, and Cajun spices. It's satisfying, rich, and so flavorful. Add all ingredients to the slow cooker except the bay leaves and cornstarch. Stir until well combined and add bay leaves on top. Cover and cook on high for 2½-3½ hours or low for 4-6 hours. Remove the bay leaves and ½ cup of broth. Mix the broth with cornstarch and pour it into the gumbo. Stir until well combined. Continue to cook for 15 minutes or until the sauce thickens. Serve over rice and garnish with fresh parsley. The "Holy Trinity": Onion, bell pepper, and celery give this gumbo authentic Gulf Coast flavor. Andouille and Cajun seasoning can be salty, so taste before adding extra salt. Adjust the heat to your preference. Use more cayenne or add hot sauce if you like it spicy, or go mild with less spice. Leftovers stay fresh in the fridge for a couple of days, or freeze up to three months for easy future meals. Calories: 417kcalCarbohydrates: 16gFat: 25gSaturated Fat: 8gPolyunsaturated Fat: 5gMonounsaturated Fat: 10gTrans Fat: 0.2gCholesterol: 137mgSodium: 844mgPotassium: 692mgFiber: 2gSugar: 4gVitamin A: 1089IUVitamin C: 20mgCalcium: 57mgIron: 3mg *Nutrition information is an estimate. It may vary based on ingredients, brands, and changes in cooking methods listed in the recipe. If you need exact ingredient numbers, I recommend calculating them with your preferred nutrition calculator.