

# Princess & the Frog

## Yumbo Gumbo Serves 4

### Ingredients:

1 cup all-purpose flour  
1 teaspoon paprika  
1 teaspoon ground thyme  
1 teaspoon Old Bay seasoning  
1 teaspoon salt  
1/2 teaspoon cayenne pepper  
2 quarts chicken stock

1/2 pound smoked sausage, sliced  
1 cup onions, chopped  
1/2 cup green bell peppers, chopped  
1/2 cup celery, chopped  
1 pound boneless, skinless chicken breasts, cut into cubes  
1 pound shrimp, peeled and deveined  
4 all-beef wieners, cut in 1/2 inch pieces

### Directions:

Mix flour, paprika, thyme, Old Bay seasoning, salt, and pepper. Place mixture in a small pan. Bake in 350 degrees oven until brown, stirring often. Set aside.

Place chicken stock in a 5 to 6 quart pot. Add smoked sausage, onions, bell peppers, and celery. Bring to a boil. Lower heat and simmer for 15 minutes.

Place spice mixture in a bowl. Stir in 1 cup water and mix until you have a smooth paste.

Slowly add paste to chicken stock, stirring constantly. Add chicken, shrimp, and wieners. Cook until chicken and shrimp are done, about 15 minutes. Serve over rice.

