

turkey & sausage gumbo



Serving Suggestion



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portion size:
1 cup (8 oz.)

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
All-purpose flour	2 c. 2 oz.		1 qt. 4 oz.		<ol style="list-style-type: none"> Preheat oven to 400° F. Spread flour over parchment lined baking sheet. Place in oven. Brown flour for about 10 minutes until it becomes the color of peanut butter. This step can be done the day ahead. Store browned flour in air-tight container. Dice turkey into 1" cubes. Slice sausages into 1/4" pieces. Pour water into kettle or braiser. Turn temperature to high. Use wire whip to stir in browned flour until well blended. Add onions, peppers, celery, garlic powder, chicken base and bay leaves. Bring to boil for 5 minutes and reduce heat to simmer and cook until vegetables are tender (30-40 minutes). Add turkey, sausages, Creole seasoning, parsley, salt, and pepper. Simmer for another 25-30 minutes. Hold at 140°F. or higher until service. Use 8 oz. ladle to portion 1 cup serving.
NATURAL CHOICE® Tender Browned Turkey Breast, #8469-02		6 lb. 4 oz.		12 lbs. 8 oz.	
Smoked sausage, precooked		1 lb. 10 oz.		3 lbs. 4 oz.	
Andouille sausage, precooked		1 lb. 3 oz.		2 lbs. 6 oz.	
Water	2 gal. 2 c.		4 gal. 1 qt.		
Yellow onions, diced		2 lbs.		4 lbs.	
Green bell peppers, diced		8 oz.		1 lb.	
Celery, diced		12 oz.		1 lb. 8 oz.	
Garlic powder, granulated					
Chicken base	5 tbsp.		10 tbsp.		
Bay leaves					
Creole seasoning					
Parsley, dried	2 oz.		4 oz.		
Salt	1/2 tbsp.		1 tbsp.		
Pepper	2 1/2 tbsp.		1 tbsp. 2 tsp.		

• 1 serving provides 2 oz. meat/meat alternate.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving

Calories	146 cal	Trans Fat	0 g	Carbohydrates	7.28 g
Fat	5.05 g	Cholesterol	42.82 mg	Dietary Fiber	0.69 g
Saturated Fat	1.40 g	Sodium	889.48 mg	Protein	18.58 g