

# Gumbo, Chicken & Sausage (Livingston)

Page 1

Recipe

**Recipe: 000406 GUMBO, CHICKEN & SAUSAGE**

Recipe Source: LCM LIVINGSTON  
 Recipe Group: ENTREES

**Recipe HACCP Process: #3 Complex Food Preparation**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 1 CUP

902224 SAUSAGE,PORK,LNK/PTTY,CKD,FROZEN,REHTD-COMMOD.... 051429 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED.....	4 LB 2 LB + 5 1/3 OZ	Day Before Preparation: Slice sausage horizontally into 1/4 pieces. Steam for 5-7 minutes or brown in oven. Drain fat and refrigerate.  Make a roux or brown flour and set aside until cooled then, refrigerate.
014429 WATER,MUNICIPAL.....	6 1/3 GAL	Day of Preparation: Turn braiser or kettle to highest temperature setting. Pour in water and add browned flour (dry flour browned in oven). Stir with wire whip until well blended.
011287 ONIONS,FRZ,CHOPD,UNPREP..... 902982 SEASONING BLEND, PICTSWEET..... 902410 TOMATOES, CANNED, DICED..... 006081 SOUP,CHICKEN BROTH CUBES,DEHYD,DRY..... 900771 GARLIC,GRANULATED.....	1 LB + 8 OZ 1 LB + 8 OZ 1/2 #10 CAN 1/4 LB 1/4 CUP	Add chopped onions, seasoning blend, diced tomatoes, garlic and soup base.  Bring to a boil for 5 minutes then reduce heat to a simmer and continue to cook until vegetables are tender (35-40 minutes).
050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ..... 902973 CREOLE SEASONING.....	15 1/2 LB 36 5/8 GRAM	Add diced chicken, sliced sausage, creole seasoning and simmer for another 25-30 minutes.
002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 902964 GRAVY, COLORING LIQUID.....	1/3 TSP 2 TBSP, ground 3 TBSP 1 GRAM	Stir in salt, pepper, parsley flakes. Slowly stir in kitchen bouquet (if needed).  Place into a 4" counter pan. Store in warmer until serving  Portion #4 Scoop (1 Cup) <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds  <b>CCP:</b> Hold at 135° F or higher.

\*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	195 kcal	Cholesterol	75.42 mg	Sugars	*0.26* g	Calcium	*69.32* mg	37.22%	Calories from Total Fat
Total Fat	8.06 g	Sodium	1134.63 mg	Protein	18.99 g	Iron	*1.63* mg	15.23%	Calories from Saturated Fat
Saturated Fat	3.30 g	Carbohydrates	10.98 g	Vitamin A	*102.92* IU	Water <sup>1</sup>	*256.76* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.63 g	Vitamin C	*13.74* mg	Ash <sup>1</sup>	*1.79* g	22.53%	Calories from Carbohydrates
								38.96%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Gumbo, Chicken & Sausage (Livingston)

<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	2.500 oz		Y - Wheat		? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
<b>Moisture &amp; Fat Change</b>					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902224	SAUSAGE,PORK,LNK/PTTY,CKD,FROZEN,RE			
I	051429	FLOUR, ALL PURPOSE, ENRICHED, UNBLEAC			
I	014429	WATER,MUNICIPAL			
I	011287	ONIONS,FRZ,CHOPD.UNPREP			
I	902982	SEASONING BLEND, PICTSWEET			
I	902410	TOMATOES, CANNED, DICED			
I	006081	SOUP,CHICKEN BROTH CUBES,DEHYD,DRY			
I	900771	GARLIC,GRANULATED			
I	050428	CHICKEN, FAJITA STRIPS, DARK MEAT, COO			
I	902973	CREOLE SEASONING			
I	002029	PARSLEY,DRIED			
I	002030	PEPPER,BLACK			
I	002047	SALT,TABLE			
I	902964	GRAVY, COLORING LIQUID			

**Notes**

Production Notes:

Serving Notes:

Purchasing Guide:

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Gumbo, Chicken & Sausage (Livingston)

Page 3

Recipe

---

Miscellaneous Notes:

Crediting must be confirmed using CN label, product formulation statement from manufacturer, or the Food Buying Guide for School Meal Programs.

***NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.***