Turkey Bone Gumbo

3/4 cup of flour

1 stick of butter

1/3 cup of corn oil

2 yellow onions

1 red bell pepper

4 stalks of celery

3 bay leaves

1.5 tsp salt

1/2 tsp cayenne

4 cups of roasted turkey

4 grilled sausages

8 cups of turkey broth (You can sub chicken bone broth if you don’t have turkey broth. I make my own, using the InstantPot broth recipe. My favorite bone broth is Sam’s Choice at Walmart.)

4 cups of water

1. Grill the sausages and set aside. (I make my own Andouille, but a good Kielbasa will work well too.)
2. Add butter & corn oil to roux pot and get hot (but don’t burn the butter).
3. Stir in the flour gradually. Cook the roux until it’s peanut butter color
4. Add onions, bell pepper and celery. Cook until onions or translucent (7-8 minutes).
5. Add meats, salt, cayenne and bay leaves. Cook 4 minutes
6. Add turkey broth and water. Bring to a simmer and cook for 30 minutes. Add water as it cooks down., you want about the same amount of liquid as you start with
7. Garnish with parsley and green onion, serve with rice.

The most important thing in making a roux is the pot. I use an All-Clad D5 Dutch oven, and I can have a beautiful dark rue in 10-12 minutes. If I use my Le Creuset cookware (which is porcelain-covered cast iron), the roux takes 30-35 minutes.