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## Blue runner gumbo base

Ingredients  
INGREDIENTS: OKRA, ONION, ROUX (FLOUR {BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, COTTONSEED OIL), CELERY, BELL PEPPER, TOMATO PUREE (TOMATO CONCENTRATE {WATER, TOMATO PASTE}), CITRICACID), FISHSTOCK (WATER, COD, FISHBROTH {WATER, COD}), MALTODEXTRIN SALT, YEAST EXTRACT, DRY WHEY, BUTTER {CREAM, SALT}, CORN OIL, POTATO, ONION, NATURAL FLAVOR, MODIFIED FOOD STARCH, DISODIUM INOSINATE AND GUANYLATE), SALT, SPICES, MONOSODIUM GLUTAMATE, GARLIC. CONTAINS: WHEAT, FISH (COD), AND MILK. Ingredients  
INGREDIENTS: ONIONS, ROUX (FLOUR {BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, COTTONSEED OIL), CELERY, BELL PEPPER, TOMATO PUREE (TOMATO CONCENTRATE {WATER, TOMATO PASTE}), CITRIC ACID), CHICKEN STOCK (WATER, CHICKEN MEAT WITH NATURAL JUICES, SALT, CANE JUICE SOLIDS, MALTODEXTRIN, CHICKEN FAT, YEAST EXTRACT, NATURAL FLAVOR, ONION, SPICE EXTRACTIVES, TURMERIC), BEEF STOCK (WATER, ROAST BEEF WITH BROTH, YEAST EXTRACT, SALT, CANE JUICE SOLIDS, MALTODEXTRIN, BARLEY MALT EXTRACT, ONION, SPICE EXTRACTIVES, POTATO, GARLIC), SPICES, MONOSODIUM GLUTAMATE, SALT, GARLIC, LIQUID SMOKE. CONTAINS: WHEAT  
Blue Runner Creole Chicken & Sausage Gumbo Base is a must-have for any gumbo lover. This 25oz jar is packed with a blend of authentic Cajun spices and ingredients, including Creole chicken and sausage, for a truly authentic gumbo experience. Simply add your choice of seafood, vegetables, and rice to the base for a delicious and flavorful gumbo that will transport your taste buds straight to the bayou. Whether you're a seasoned gumbo chef or new to the game, Blue Runner Creole Chicken & Sausage Gumbo Base is an easy and convenient way to add some Southern flavor to your cooking.This Creole Chicken and Sausage Gumbo Base is our traditional recipe, it starts with a roux and ends with a smile. In fact, people will ask if you spent all day on it! Just open up a can, add meat, and you have a delicious pot of gumbo. 25 oz.Unit Size: 25ozIngredients: Chicken Stock (Water, Chicken Meat With Natural Juices, Salt, Organic Cane Juice Solids, Maltodextrin from Corn, Chicken Fat, Yeast Extract, Natural Flavor, Dried Onion, Spice Extractives And Turmeric), Beef Stock (Water, Roast Beef With Beef Broth, Yeast Extract, Salt, Organic Cane Juice Solids, Maltodextrin from Corn, Barley Malt Extract, Dried Onion, Spice Extractives, Potato Flour, Dried Garlic), Onions, Roux (Cotton Seed Oil, Enriched Wheat Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Celery, Green Bell Pepper, Tomato Puree (Tomato Concentrate [Water And Tomato Paste], Citric Acid), Minced Onion, Msg, Basil, Sugar, Granulated Garlic, Black Pepper, Red Pepper, Chili Powder, Liquid Smoke, Sage, Marjoram, Ground Bay Leaf, Ground Oregano And Ground Thyme. Contains WheatBlue Runner Chicken & Sausage GumboIngredients:2 Tablespoons mild olive oil1 1/2 cups (about half a pound) smoked sausage or Andouille, sliced lengthwise, then cut into half-moon shaped pieces, about 1/4 thick1 1/2 cups boneless, skinless chicken breasts (about one pound)1 cup diced yellow onions 1/4 pieces3/4 cup diced celery 1/4 pieces3/4 cup diced green bell pepper 1/4 pieces1 teaspoon minced fresh garlic1/2 teaspoon salt1/4 teaspoon ground black pepper1/4 teaspoon whole-leaf dried thyme1 Tablespoon gumbo file powder (ground sassafras leaves)2 25 oz cans Blue Runner Creole Gumbo Base for Chicken & Sausage GumboDirections: Heat the olive oil in a pot over high heat. Add the sausage and cook, stirring occasionally, until the sausage begins to brown about 3 minutes. Lower heat to medium. Add the chicken and cook, stirring occasionally, for about 2 minutes. Turn heat to High. Add the onions, celery , and bell pepper. Cook, stirring occasionally, until the onions turn soft and clear and begin to brown, about 5 minutes. Turn heat to low. Add the garlic, salt, black pepper, thyme, and gumbo file powder. Cook, stirring occasionally, for 2-3 minutes. Add the Blue Runner Creole Gumbo Base and bring the mixture to a boil. Reduce heat to medium-low and simmer, stirring occasionally, for 15 minutes. Skim as needed to remove excess oil. Image not available forColor: To view this video download Flash Player To move between items, use your keyboard's up or down arrows. Go back to filtering menu Your recently viewed items and featured recommendations  
Blue Runner Seafood Gumbo Base is a delicious and convenient way to add some authentic Cajun flavor to your seafood dishes. This versatile base is made with a blend of herbs and spices and can be used to create a delicious gumbo sauce for shrimp, crab, or fish. Simply mix the base with your choice of liquid (such as water or broth) and add it to your dish to bring some Louisiana flair to your meal. And with a convenient 25oz can, you'll have plenty of gumbo sauce to last you through multiple meals. Whether you're serving it over rice, adding it to a pot of gumbo, or using it as a marinade, Blue Runner Seafood Gumbo Base is sure to become a staple in your kitchen. So why wait? Try Blue Runner Seafood Gumbo Base today and add some authentic Cajun flavor to your seafood dishes.Enjoy the rich flavor of Louisiana-style creole gumbo. Just add your favorite seafood or meat and you're ready for a delicious treat. Unit Size: 25ozIngredients: Okra, Onion, Roux (flour {bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Cottonseed Oil), Celery, Bell Pepper, Tomato Puree (tomato Concentrate {water, Tomato Paste}), Citric Acid), Fish Stock (water, Cod, Fish Broth {water, Cod}), Maltodextrin Salt, Yeast Extract, Dry Whey, Butter {cream, Salt}, Corn Oil, Potato, Onion, Natural Flavor, Modified Food Starch, Disodium Inosinate And Guanylate), Salt, Spices, Monosodium Glutamate, Garlic. Contains: Wheat, Fish (Cod), and MilkDirections: Shake can before opening. In a stockpot, heat Blue Runner Creole Gumbo Base to a boil. Reduce heat, add seafood, and continue to simmer for 3-5 minutes until seafood is cooked. Serve over steamed rice.