

**FLAVOUR PROFILE**

Warming Cajun spices of garlic, onion, and oregano, with a bit of heat from cayenne and smoked paprika; inspired by the flavours of gumbo.

FEATURES & BENEFITS

Community-driven innovation product from Hayley Meek (Woodard) inspired by Louisiana Cajun-style gumbo flavours of green bell pepper, onion, and celery.

Gumbo is a stew with strongly flavoured stock. Epicure's blend preserves the aromatic flavours of traditional gumbo with an easier on-pack recipe: no need for a roux and prep time is less than 20 minutes.

Vegan blend.

No artificial colours or flavours.

FYI: Blend contains soy.

LABEL DIRECTIONS

Makes 6 servings (about 14 cups)

Heat 3 tbsp oil in a programmable pressure cooker or Dutch oven over medium-high heat. Add 1 lb (450 g) cubed boneless, skinless chicken and sauté for 5 min. Add seasoning, ½ lb (150 g) sliced kielbasa sausage, 3 cups each cubed green bell peppers and celery, 1 can (14 oz/398 ml) crushed tomatoes, and 6 cups water.

PROGRAMMABLE PRESSURE COOKER: Set release valve to SEALING. Program to HIGH, 4 min. When cooked, set valve to VENTING.

STOVE TOP: Bring to a boil. Reduce heat to low. Simmer, covered, 1 hour.

Whisk ½ cup corn starch with ¼ cup cold water. Stir into stew; simmer until thick. Serve with cooked rice, if desired.

INGREDIENTS LIST*

Black pepper, cayenne, fire-roasted onion, garlic, inactive nutritional yeast, onion, oregano, organic tamari powder (organic soybeans, salt, organic maltodextrin), rice flour, sea salt, smoked paprika, thyme, white pepper.

ALLERGENS AND SENSITIVITIES

Garlic, onion, soy.

FYI: All sources of maltodextrin are made from rice or tapioca. Epicure only uses gluten-free ingredients.

RECIPE IDEAS

- Use seasoning for any of your stews or soups.
- Combine seasoning with water to make one-pot pasta dishes.

KITCHEN HACK

For more heat in your stew, select a spicier sausage.

TASTING TIP

Prepare as the main course for a cooking class using an Instant Pot.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- Louisiana Wing Seasoning
- Red Garlic Topper Blend
- Sea Salt (Grinder) & Black Pepper (Grinder)

COOKWARE:

- Cutting Mats
- Prep Pro Chef Knife
- Sauté Spoon

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/6 package dry mix (10 g) / Par 1/6 du sachet de mélange (10 g)			
About 2 1/3 cups prepared / Environ 2 1/3 tasses préparées			
	Dry Mix [†]	Prepared [†]	
	Mélange [†]	Préparé [†]	
Calories	30	340	
	% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.2 g [†]	1 %	23 %	
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %	20 %	
Carbohydrate / Glucides 6 g			
Fibre / Fibres 1 g	4 %	18 %	
Sugars / Sucres 0 g	0 %	6 %	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 180 mg	8 %	26 %	
Potassium 125 mg	3 %	16 %	
Calcium 20 mg	2 %	6 %	
Iron / Fer 0.75 mg	4 %	19 %	

[†] Amount in dry mix / Teneur dans le mélange.
[†] Prepared adds 310 Calories, 17 g Fat (4 g Saturated), 19 g carbohydrate (4 g fibre, 6 g sugars), 20 g Protein, 75 mg Cholesterol, 420 mg Sodium. / La recette préparée ajoute 310 Calories, 17 g Lipides (4 g saturés), 19 g Glucides (4 g fibres, 6 g sucres), 20 g Protéines, 75 mg Cholestérol, 420 mg Sodium.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colours.
- 100% gluten free and nut free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.

90-DAY MONEY BACK GUARANTEE

If for any reason you are not completely satisfied with your Epicure products within 90 days of purchase, we will exchange or fully refund your purchase. Ask your Consultant about extended guarantees on cookware.

*Ingredients list is in alphabetical order for proprietary reasons.