Mexican Gumbo

By Quilt and Café

Ingredients

1 large onion, chopped

2 cups carrots, quartered and sliced

15 oz. can of tomato sauce

10 oz. can of diced tomatoes and green chilies (such as Rotel)

3 cups Spicy V-8 (or store brand)

1 quart chicken stock

1/2 tsp. ground cumin

1 1/2 tsp. chili powder

1 tsp. oregano

1 Tbsp. Worcestershire sauce

1# smoked sausage or kielbasa, cut in half and sliced

8 oz. frozen corn kernels (1/2 bag)

1 can black beans, drained (optional)

1 cooked rotisserie chicken, skinned, removed from the bone and chopped or shredded

Salt and pepper to taste

Steamed white rice

Method

Heat 2 Tbsp. olive oil in a stock pot (about 8 qts.) and saute onion and carrots until onion is soft. Add chicken stock, V-8, tomato sauce, tomatoes and chilies, Worcestershire sauce and spices. Bring to a boil and reduce to simmer until carrots are almost tender.

Add sliced kielbasa and frozen corn (add beans if using) and continue to simmer for 10 minutes. Add the chicken and stir to heat. Adjust the seasoning by adding salt and pepper to taste.

Serve in a bowl over hot white rice. Enjoy!