



# Gumbo Chicken Creole

shared by:  
Fire Station 35  
17135 SW Pacific Hwy, Tigard



## Ingredients

- 1/4 cup oil
- 1/4 cup all-purpose flour
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cups cooked chicken breast meat, chopped
- 1 (14.5 ounce) can diced tomatoes with green chili peppers
- 1 (4.5 ounce) can sliced mushrooms, drained
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons Worcestershire sauce
- 3 cloves garlic, minced
- 1 teaspoon soy sauce
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

## Directions

Heat oil in a large skillet over medium high heat. Slowly add flour to pan and stir constantly for 5 minutes or until mixture is the color of a copper penny. Reduce heat to low and stir in bell pepper and onion. Cook 10 to 15 minutes until tender, stirring occasionally. Add remaining ingredients. Stir, cover, and simmer for 20 minutes.

Station 35 is known as the “King City” Station, although their response area extends beyond King City into Bull Mountain, Tigard, portions of Tualatin, and unincorporated Washington County. This is one of the District’s busiest stations, responding to approximately 2,400 calls per year. The crew at Station 35 serves a large constituency of elderly residents and their response area includes a mix of single and multi-family housing, commercial development, assisted living centers, and Highway 99.