



That Good Navy Chow!



CHICKEN GUMBO

Yield: Approx. 6 gallons
100 Portions

Portion: 1 cup (approx. 8 ounces)

Ingredients

Onions, chopped	1 pound, 8 ounces (approx. 4½ cups)
Carrots, chopped	2 pounds, (approx. 1½ quarts)
Butter or chicken fat	4 ounces (approx. ½ cup)
Chicken Stock	(approx. 5½ gallons)
Rice, uncooked, washed	1 pound, 4 ounces (approx. 1¼ pints)
Tomatoes	6 pounds, 6 ounces (1 No. 10 can)
Okra	6 pounds, 3 ounces (1 No. 10 can)
Salt	2 ounces (approx. ¼ cup)
Pepper	¼ ounce (approx. ¾ tablespoon)

Fry onions and carrots in fat until lightly browned.

Heat stock to boiling temperature.

Add onions, carrots, rice tomatoes, okra, salt, and pepper to stock.

Let simmer 1½ hours.

Source: The Cookbook of the United States Navy, Revised 1944