**Slow Cooker Chicken Gumbo Recipe**

* ½ cup avocado oil
* ½ cup cassava root flour
* 3 chicken andouille sausages, chopped
* 2 boneless, skinless chicken breasts, chopped
* 4 cups chicken bone broth
* 2 cups chopped okra
* 2 cups diced tomatoes
* 4 mini peppers, diced
* ½ cup baby carrots
* 1½ cups potatoes, chopped
* 1 teaspoon garlic powder
* ¼ teaspoon onion powder
* ½ teaspoon oregano, dried
* ½ teaspoon thyme, dried
* ½ teaspoon smoked paprika
* ¼ teaspoon cayenne
* 3 bay leaves
* 1 teaspoon salt
* 1 teaspoon pepper

### Directions:

1. In a medium saucepan on medium, combine flour and oil. Whisk often to create a dark roux. About 15 minutes.
2. Combine all ingredients in a slow cooker and cook on low for 6–8 hours.
3. Serve over riced cauliflower or brown rice. (optional)