

Instant Pot Gumbo



Instant Pot Gumbo is so easy to make! Loaded with sausage, chicken and shrimp, this gumbo is BURSTING with creole flavors!

Course	Dinner, Main Course
Cuisine	American, Cajun/Creole
Keyword	Instant Pot, Instant Pot Gumbo
Prep Time	10 minutes
Cook Time	35 minutes
Total Time	45 minutes
Servings	8 servings
Calories	542kcal
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Equipment

- Instant Pot Pressure Cooker

Ingredients

- 2 tablespoons [olive oil](#)
- 1 [red bell pepper](#) diced
- 1 [green bell pepper](#) diced
- 1 [onion](#) diced
- 1 cup [celery](#) chopped
- 3 cloves [garlic](#) minced
- 13.5 ounces Andouille sausage cut into rounds
- 1/3 cup [flour](#)
- 1/3 cup [butter](#)
- 3 cups chicken broth
- 1 pound chicken cubed
- 2 teaspoons [Creole seasoning](#) (or to taste, we used Tony Chachere's)
- 10 ounces diced tomatoes with green chiles (aka Rotel tomatoes)
- 14 ounces fire roasted diced tomatoes
- 2 [bay leaves](#)
- 1/2 teaspoon [Kosher salt](#) (or to taste)
- 1/4 teaspoon [black pepper](#) (or to taste)
- 1 cup okra sliced
- 1 pound [shrimp](#) peeled, deveined
- 4 cups [cooked rice](#)

Instructions

1. Set Instant Pot to "Saute" function and add olive oil.
2. Add peppers, onion, celery, garlic, and sausage.
3. Saute for 3-5 minutes or until vegetables become soft.
4. Remove all vegetables and sausage. Set aside.
5. Immediately add butter to instant pot and stir, scraping up any cooked bits from the bottom of the pot. When butter is melted, add flour.
6. Cook 5 minutes, stirring constantly until dark brown, forming a roux. Turn cooker off.
7. Add chicken broth, cooked vegetables and sausage, chicken, Creole seasoning, diced tomatoes with chiles, fire roasted tomatoes, bay leaves, salt and pepper.
8. Close and lock the lid of the Instant Pot. Turn the steam release handle to "Sealing" position.
9. Press "Manual" and select "High Pressure." Set time to 20 minutes. When time is up, turn cooker off.
10. Quick release by turning valve to "venting".
11. When pressure is fully released, remove lid and stir in okra. Press "Saute", and cook uncovered for 5 minutes. Add shrimp and cook an additional 5 minutes or until shrimp is cooked through.
12. Remove and discard bay leaves. Serve with rice.

Nutrition

Calories: 542kcal | Carbohydrates: 35g | Protein: 31g | Fat: 30g | Saturated Fat: 11g | Cholesterol: 224mg | Sodium: 1517mg | Potassium: 570mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1410IU | Vitamin C: 49.4mg | Calcium: 155mg | Iron: 3.6mg