

# SEAFOOD GUMBO

This is a delicious meal to enjoy on Fat Tuesday, but can also be served anytime of the year...make sure to stock up on some frozen okra and gumbo file though!

SERVINGS	SERVING SIZE	TIME TO MAKE
10	1 Heaping Cup	60+ MINUTES

## INGREDIENTS

- 2 Tablespoons Butter
- 2 Cups Onions, chopped
- 2 Cups Celery, chopped
- 2 Cups Bell Peppers, Green, Red, Orange, Yellow, chopped
- 3 Tablespoons Gumbo File
- 6 Cloves Garlic, minced
- 1 Tablespoon Paprika\*
- 1 Tablespoon Dried Oregano\*
- 1 Tablespoon Dried Thyme\*
- 1 teaspoon Cayenne Pepper\*
- Dash Salt (if leaving on shrimp peels and/or using shellfish oysters)
- 1/2 teaspoon Black Pepper\*
- 2 Bay Leaves
- 1 1/2 Cups Crushed Tomatoes (canned or fresh)
- 1 Cup Tomato Sauce or Vegetable Juice
- 4-5 Cups Stock (chicken, seafood or vegetable)
- 1 Cup Okra (or 1 frozen bag usually around 10 ounces)
- 1 Pound Shrimp (deveined, peeled option—just tell table-mates)
- 1 Pound Shucked Oysters/Clams/Mussels (optional)
- 1/2-1 Pound Crabmeat
- 5 Cups White Rice, cooked

I also have a lovely Creole Recipe that you can make ahead of time and use a few tablespoons of this instead

## DIRECTIONS

1. Begin to make the rice, making sure to rinse the rice until cold water runs clear to remove any debris and potentially heavy metals.

2. In a large stockpot, on medium, melt the butter and add the trinity of vegetables aka onions, celery, and bell peppers. Allow them to release their beautiful volatile oils and soften, about 2-3 minutes.
3. Then add the garlic, and spices (gumbo file, cayenne pepper, paprika, oregano, thyme, salt\*\* and pepper), stirring throughout the cooking process.
4. \*\*If you are keeping the shrimp shells on, add just a dash of salt as the shells will bring a lot of ocean saltiness to the dish.
5. Add the tomatoes, tomato sauce, stock, and bay leaves, stir and bring to a gentle simmer, you may need to continue to stir to not allow anything to stick to the bottom of the pan.
6. Turn down to low heat, when you are close to serving add the crabmeat and stir everything well.
7. Then add the okra and rest of the seafood, trying to not layer the seafood if able, cover the stockpot and set timer for 8-10 minutes to steam the shellfish seafood (shrimp, mussels, oysters, etc.)
8. Carefully sneak a peek and see if the shells have opened and the shrimp has turned to a white color, if so, remove from heat and plate up. If not, cover the pot back up and return to cooking, allowing the steam to finish cooking the seafood
9. When plating, layer first with rice, then top with a nice heaping spoonful of gumbo, making sure there are plenty of veggies and seafood.
10. Garnish with fresh thyme, oregano, or even a lemon slice
11. Enjoy!

Nutritional Information per serving: 267 Calories, 5 g Fat, 2 g Saturated Fat, 127 mg Cholesterol, 686 mg Sodium, 30 g Carbohydrate, 3 g Fiber, 4 g Sugar, 24 g Protein, 42% Vitamin A, 33% Vitamin C, 6% Calcium, 34% Iron