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# Seafood Jambalaya

*Rose Fulton - Marshall Field's San Antonio*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

**1 green bell pepper, chopped**  
**1 medium onion, chopped**  
**3 stalks celery, chopped**  
**1 teaspoon butter**  
**pepper (to taste)**  
**1 clove garlic, minced**  
**2 cans (16 ounce) tomatoes**  
**4 teaspoons gumbo file**  
**2 hot peppers**  
**1 1/2 pounds sausage, cut into chunks**  
**2 bay leaves**  
**1 package (9 ounce) frozen okra**  
**2 pounds raw shrimp**  
**4 raw King Crab legs, left in the shell**  
**2 cups cooked rice**

In a saucepan, saute' the bell pepper, onions and celery in butter. Add the pepper and garlic.

Pour into a large pot. Add the tomatoes, gumbo file, and hot peppers. Cook for 20 minutes.

Add the sausage. Cook for 20 minutes. Add the bay leaves, okra, shrimp and King Crab legs. Cook for 10 minutes.

Pour the mixture over the rice on a large platter. Serve with hot bread.

## Seafood

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*Per Serving (excluding unknown items): 3578 Calories; 281g Fat (70.8% calories from fat); 99g Protein; 162g Carbohydrate; 15g Dietary Fiber; 473mg Cholesterol; 4732mg Sodium. Exchanges: 6 1/2 Grain(Starch); 11 1/2 Lean Meat; 9 1/2 Vegetable; 48 1/2 Fat.*