

Ground Beef Gumbo

*Dee Buchfink - Oologah, OK
Southern Living - 1987 Annual Recipes*

Yield: 1 1/4 quarts

*1 1/2 pounds ground beef
2/3 cup onion, chopped
2/3 cup celery, chopped
2/3 cup green pepper, chopped
2 or 3 cloves garlic, minced
1 can (15 ounce) tomatoes, undrained
1 can (15 ounce) tomato sauce
2 cans (6 ounce ea) tomato paste
1 jar (6 ounce) sliced mushrooms,
drained
2 1/2 cups frozen okra, cut up
2 bay leaves
1 1/2 tablespoons dried parsley
flakes
2 1/2 teaspoons Italian seasoning
1 1/2 teaspoons dried whole basil
1 teaspoon dried whole oregano
1 teaspoon chili powder
1 teaspoon onion powder
1/2 teaspoon cumin powder
salt (to taste)
pepper (to taste)
1/2 cup water
2 tablespoons dry red wine
hot cooked rice*

In a heavy Dutch oven over medium heat, cook the ground beef, onion, celery, green pepper and garlic until the meat is browned. Drain.

Stir in the undrained tomatoes and the remaining ingredients except the rice.

Simmer, uncovered, for one hour. Remove the bay leaves.

Serve over hot cooked rice.

Per Serving (excluding unknown items): 2685 Calories; 186g Fat (61.2% calories from fat); 138g Protein; 127g Carbohydrate; 32g Dietary Fiber; 579mg Cholesterol; 4166mg Sodium. Exchanges: 1/2 Grain(Starch); 16 1/2 Lean Meat; 22 Vegetable; 27 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	2685	Vitamin B6 (mg):	3.9mg
% Calories from Fat:	61.2%	Vitamin B12 (mcg):	18.0mcg
% Calories from Carbohydrates:	18.5%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	20.3%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	186g	Folacin (mcg):	714mcg
Saturated Fat (g):	74g	Niacin (mg):	49mg
Monounsaturated Fat (g):	80g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	21
Cholesterol (mg):	579mg	% Daily Values:	n n%
Carbohydrate (g):	127g	Food Exchanges	
Dietary Fiber (g):	32g	Grain (Starch):	1/2
Protein (g):	138g	Lean Meat:	16 1/2
Sodium (mg):	4166mg	Vegetable:	22
Potassium (mg):	6934mg	Fruit:	0
Calcium (mg):	621mg	Non-Fat Milk:	0
Iron (mg):	26mg	Fat:	27 1/2
Zinc (mg):	30mg	Other Carbohydrates:	0
Vitamin C (mg):	297mg		
Vitamin A (i.u.):	12975IU		
Vitamin A (r.e.):	1294 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 2685	Calories from Fat: 1643
% Daily Values*	
Total Fat 186g	286%
Saturated Fat 74g	371%
Cholesterol 579mg	193%
Sodium 4166mg	174%
Total Carbohydrates 127g	42%
Dietary Fiber 32g	126%
Protein 138g	
Vitamin A	259%
Vitamin C	495%
Calcium	62%
Iron	144%

* Percent Daily Values are based on a 2000 calorie diet.