
Seafood Gumbo V

Home Cookin - Junior League of Wichita Falls, TX - 1976

6 green onions (tops included)
2 cups okra, chopped
1 tablespoon fat
1 cup chopped tomatoes
6 cups stock, beef or chicken
1 pod red pepper
1 green pepper, chopped
1/2 teaspoon thyme
1 bay leaf
1 teaspoon salt
1 pound cooked shrimp
1/2 pound crabmeat
16 oysters
4 cups cooked rice

Chop the onions, reserving the green tops

In a skillet, saute' the onions with the okra in fat. Add the tomatoes. Cook for 5 minutes.

Add the stock, peppers, green onion tops cut in strips, thyme, bay leaf and salt. Heat to boiling and cook for 10 minutes.

Add the seafood. Cover and cook for 1-1/2 hours over low heat.

Serve over rice.

Yield: 8 to 10 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 1994 Calories; 27g Fat (12.3% calories from fat); 173g Protein; 252g Carbohydrate; 16g Dietary Fiber; 1146mg Cholesterol; 4150mg Sodium. Exchanges: 13 1/2 Grain(Starch); 20 Lean Meat; 7 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.