

Seafood Gumbo

Betty C Wall - Houston, TX

Treasure Classics - National LP Gas Association - 1985

Yield: 6 to 8 servings

*2 tablespoons oil
2 tablespoons flour
2 pounds peeled shrimp
2 medium Spanish onions,
chopped
1 1/2 cups celery, chopped
3 cloves garlic, minced
1 cup green pepper,
chopped
1 package (10 ounce)
frozen okra
2 tablespoons oil
1 can (16 ounce) tomatoes
2 quarts water
1 bay leaf
1 teaspoon salt
1/4 teaspoon red pepper
1/2 pint oysters
1 pound crab meat
2 cups cooked rice*

Preparation Time: 30 minutes

Cook Time: 1 hour

In a four-quart pan, make a roux with two tablespoons of oil and two tablespoons of flour, stirring constantly until dark brown. Add the shrimp to the roux and cook for a few minutes. Set aside.

In a saucepan, cook the onions, celery, garlic, green pepper and okra in two tablespoons of oil. Add the tomatoes when the okra is almost cooked.

Add the water, bay leaf, salt and pepper. Add the shrimp and roux. Mix well. Cover and cook slowly for 30 minutes.

Add the oysters and crab meat. Simmer for 10 to 15 minutes longer.

Serve over hot cooked rice.

(If desired, add one teaspoon of gumbo file` powder just before serving.)

Per Serving (excluding unknown items): 1425 Calories; 68g Fat (42.8% calories from fat); 122g Protein; 83g Carbohydrate; 16g Dietary Fiber; 535mg Cholesterol; 4408mg Sodium. Exchanges: 1 Grain(Starch); 15 Lean Meat; 10 1/2 Vegetable; 11 Fat; 1/2 Other Carbohydrates.