

Soup and Stew

Shrimp & Sausage Gumbo II

Fisherman's Wharf

Winn Dixie

2 cups Vegetables: okra, tomatoes, celery, onions, green bell peppers

1 cup Precooked long grain white rice

1/4 pound uncooked peeled and deveined shrimp

1/4 pound sausage

Roux mixture

4 1/2 cups water

2 tablespoons oil

Heat two tablespoons of oil in a 3-quart or larger pot over medium-high heat. Add sausage and cook for two minutes or until brown on the edges.

Add vegetables and saute' for five to six minutes, stirring occasionally.

To vegetable sausage mixture, add 4 1/2 cups of cold water and slowly stir in roux mix until completely dissolved. Bring gumbo to a boil. Stir in rice and return to a slight boil.

Add shrimp to gumbo and reduce heat to low. Let simmer for five minutes. Remove from heat and serve.

Per Serving (excluding unknown items): 714 Calories; 73g Fat (91.9% calories from fat); 13g Protein; 1g Carbohydrate; 0g Dietary Fiber; 77mg Cholesterol; 789mg Sodium. Exchanges: 2 Lean Meat; 13 1/2 Fat.