

Shrimp Gumbo

Me J O'Neal - Choudrant, LA

Treasure Classics - National LP Gas Association - 1985

Servings: 8

1/2 cup gravy flour
1/2 cup oil
1 quart chicken stock
1 can (16 ounce) tomatoes
1 can (6 ounce) tomato paste
fresh parsley (5 stems), minced
1 bay leaf
1/4 teaspoon thyme
3 whole cloves
3 whole allspice
1/2 teaspoon sugar
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon red pepper
1 large onion
1 large bell pepper
3 ribs celery
2 pounds medium shrimp, peeled and deveined

Preparation Time: 30 minutes

Cook Time: 3 hours

In a three-quart iron pot over VERY low heat, mix the flour and oil. And cook for two hours, stirring occasionally.

Add the chicken stock, tomatoes, tomato paste, parsley, bay leaf, thyme, a bag containing the cloves and allspice tied at the neck, sugar, salt, black pepper and red pepper.

Place the onion, green pepper and celery in a food processor. Pulse briefly to chop finely. In a saucepan, saute' the onion, bell pepper and celery. Add to the roux. Cook for one hour.

Just before serving, about 15 minutes, add the shrimp.

Per Serving (excluding unknown items): 295 Calories; 17g Fat (50.6% calories from fat); 25g Protein; 11g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 1660mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates.