

Shrimp, Crab and Okra Gumbo

Mrs. Julie Dugas

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 20

*5 onions, quartered
2 bell peppers, chopped
6 cloves garlic, chopped
1 bunch green onions, chopped
6 quarts water
6 tablespoons flour
6 tablespoons oil
2 1/2 pounds cut okra
salt (to taste)
pepper (to taste)
onion salt (to taste)
garlic salt (to taste)
cayenne pepper (to taste)
6 pounds headless shrimp
6 pounds gumbo crabs
Gumbo file'*

In a large pot, boil the vegetables in water until the vegetables settle to the bottom.

In another pot, make a dark brown roux with flour and oil, stirring constantly. Add water and the vegetables slowly to the roux, stirring constantly.

Fry the okra with a small amount of grease and salt until the okra is soft (avoid sticking). Stir the okra into the gumbo. Season to taste. Allow this to cook for three hours. The seasoning will weaken during prolonged cooking, so season periodically.

Peel and devein the shrimp. Discard the feelers from the crabs and use the claws and body (cut the body in half). Add the shrimp and sectioned crabs to the gumbo. Cook for an additional 30 minutes.

Serve over rice.

Add a small amount of file' to each servibg.

Per Serving (excluding unknown items): 60 Calories; 4g Fat (61.0% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

% Calories from Fat:	61.0%
% Calories from Carbohydrates:	34.2%
% Calories from Protein:	4.8%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	10mg
Potassium (mg):	72mg
Calcium (mg):	15mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	13mg
Vitamin A (i.u.):	78IU
Vitamin A (r.e.):	8RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	60	Calories from Fat: 37
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% Daily Values*

Total Fat	4g	6%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		2%
Vitamin C		21%
Calcium		1%
Iron		2%

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