



# Louisiana Seafood Gumbo



SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 90 MIN

*Of all the dishes in the realm of Louisiana cooking, gumbo is the most famous and, very likely, the most popular. Ingredients might vary greatly from one cook to the next, and from one part of the state to another, a steaming bowl of fragrant gumbo is one of life's cherished pleasures.*

## Ingredients

- ½ cup olive oil
- 6 tablespoons flour
- 1 ½ cups yellow onion, chopped
- ½ cup celery, chopped
- ½ cup green bell pepper, chopped
- 1 Bay leaf
- 4 teaspoons garlic, minced
- 1 (10 ounce) package frozen cut okra
- 1 (1 pound) can tomatoes, chopped
- 1 ½ quarts water
- 2-3 pounds FiveStar Home Foods shrimp, thawed
- 1 pound crab meat
- 12 ounces of Andouille sausage, cooked and cut into ½" slices
- 1 quart chicken or vegetable stock
- 1 teaspoon ground bay leaves
- 2 teaspoons Tabasco
- 1 Tablespoon cajun seasoning
- 2 Tablespoons chopped parsley



## Directions:

1. Brown flour in olive oil in a large heavy pot to make roux.
2. Soften onions, celery, and green bell pepper in roux.
3. Add garlic, okra, tomatoes, and water, stirring to blend. Add remaining ingredients except seafood (but including oyster liquid) and bring to boil.
4. Lower heat and simmer for 1 hour.
5. Add sausage, shrimp, crab meat and oysters and cook for about 15-20 minutes.
6. Serve over fluffy white rice.