

Gumbo

Serves: 8

Ingredients:

- 1 cup canola oil
- 1 cup all-purpose flour
- 1 onion, diced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1-pound andouille sausage, chopped
- 2 tablespoons Cajun seasoning
- 2 cloves garlic, chopped
- 1 teaspoon freshly ground black pepper
- 6 cups low-sodium chicken broth
- 1 pound peeled and deveined small shrimp



Directions:

1. Wash hands with soap and water.
2. Cook and stir oil and flour in a skillet over medium heat until mixture is thick and the color of peanut butter, about 20 minutes.
3. Stir onion, green bell pepper, and celery into flour mixture; cook and stir until softened, about 5 minutes.
4. Add sausage; cook and stir until browned, about 5 minutes.
5. Add Cajun seasoning, garlic, and black pepper; cook and stir until fragrant, about 2 minutes.
6. Pour chicken stock over vegetable-sausage mixture; reduce heat to low and simmer for 30 minutes. Temperature should be 165 degrees F.
7. Add shrimp and cook until shrimp are pink and cooked through reaching 145 degrees.

Recipe Tip

If you see black specks in step 2, it is burnt, and you need to start over.

Gumbo can be made without the sausage; some versions use chicken; and it can be served in a bowl like a thick soup or over rice.

Nutrition Facts: Each 1 cup serving provides 568 Calories, 45g Total Fat, 8 g Saturated Fat, 1070 mg Sodium, 19 g Total Carbohydrate, 2 g Dietary Fiber, and 21 g Protein



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