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# Seafood and Sausage Gumbo

Servings: 8



*Adapted from Food TV - Tanya Holland with bits and pieces from Essence Great Cooking and other sources.*

## **For Roux**

**1 cup flour**

**1 cup vegetable oil**

## **For Gumbo**

**1 medium white onion, diced**

**1 stalk celery, diced**

**1 large green bell pepper, diced**

**4 cloves garlic, minced**

**2 tablespoons peanut oil**

**1 28 oz. can Italian tomato, chopped and drained**

**3 bay leaf**

**1/2 teaspoon onion powder**

**1/2 garlic powder**

**1 teaspoon dried thyme, crushed**

**1 teaspoon paprika**

**1 teaspoon celery seed**

**1 pound andouille sausage, cut crosswise into 1/4-inch slices**

**2 quarts chicken stock, low sodium**

**40 shrimp, raw, shells off**

**1/2 pound lump crabmeat**

**salt and pepper, to taste**

**Worcestershire sauce, to taste**

**hot pepper sauce, to taste**

Prepare a medium dark brown roux (color of peanut butter) by combining the oil and flour in a large pot over medium heat. Stir slowly and constantly. Do not allow roux to burn.

To roux add, onions, celery, bell pepper and garlic. Cook over medium heat for 10 to 15 minutes, stirring constantly, or until vegetable are wilted and soft. Reduce heat to low and cook for an additional 15 minutes. Stir often and do not allow roux to burn.

To roux, add chopped tomatoes, chicken stock, bay leaves, onion powder, garlic powder, dried thyme (crushed), paprika, and celery seeds. Simmer, covered 1 hours.

Add sausage, crabmeat, and shrimps and simmer, covered, for 30 minutes.

Adjust seasoning with salt and pepper to taste.

Serve in bowl with or without rice with hot pepper sauce and Worcestershire sauce at the table.

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*Per Serving (excluding unknown items): 442 Calories; 32g Fat (66.8% calories from fat); 15g Protein; 21g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 2289mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 6 Fat.*