

Seafood Okra Gumbo

INGREDIENTS

- ½ lb (1 c) Louisiana shrimp, peeled & deveined
- ½ lb (1 c) Louisiana lump crab meat
- ½ lb (1 doz) Louisiana shucked oysters
- 1 Tbsp olive oil
- 2 c sliced fresh okra
- 1 c chopped onion
- ½ c chopped green bell pepper
- ½ c chopped celery
- 2 Tbsp minced garlic
- 1 (14 oz) can diced tomato
- 1/2 c dark roux
- 1 tsp Cajun seasoning
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- ½ tsp Dried Thyme
- 4 c water
- 3 c chicken broth
- 2 c sliced fresh okra
- 2 Bay Leaves
- ½ tsp Tabasco Pepper Sauce
- ½ c chopped green onions
- ¼ c minced parsley
- 6 c cooked rice

DIRECTIONS

1. In a medium size stockpot, heat olive oil, add half of onion, celery and bell pepper, cook for 5 minutes. Stir in garlic, continue to cook for 5 minutes.
2. Stir in diced tomato, dark roux, Cajun seasoning, Onion Powder, Garlic Powder, Dried Thyme and simmer for 10 minutes until roux dissolves.
3. Stir in water, chicken broth, Bay Leaves, okra and Tabasco, bring gumbo back to boil, lower fire to medium and simmer for 45 minutes.
4. Stir in shrimp and simmer for 5 minutes. Add oyster, crabmeat and simmer for additional 5 minutes.
5. Stir in green onions and parsley.
6. Serve with steamed rice.



www.delcambremarket.org

HEALTHY SWAPS

- **Lower Fat:** Make Skinny Roux, by roasting flour for 90 minutes at 400 degrees, then cook roux by substituting cold water for oil for 20 minutes or until desired color is reached. 390 Calories. 54g Fat (1g Saturated fat, 115mg Cholesterol.) 1140mg Sodium. 62g Carbohydrates (5g Fiber, 7g Total sugar.) 22g Protein.
- **Lower Carbohydrate:** Make Keto Roux, by substituting $\frac{1}{2}$ c whey protein isolate powder for flour to 1 cup oil or butter and until desired color is reached. Use cauliflower rice. 275 Calories. 14g Fat (1g Saturated fat, 115mg Cholesterol.) 1165mg Sodium. 19g Carbohydrates (6g Fiber, 9g Total sugar.) 20g Protein.
- **Lower Sodium:** Use low-sodium canned tomatoes & broth, and use salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 530mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free flour for roux. Ensure Cajun seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	6 servings per container Serving size 2 cups Calories per serving	Total Fat 14g		18%		Total Carbohydrate 62g		23%
Saturated Fat 1g			5%		Dietary Fiber 5g		18%	
Trans Fat 0g					Total Sugars 7g			
Cholesterol 115mg			38%		Includes 0g Added Sugars		0%	
Sodium 1140mg			50%		Protein 22g		44%	
Vitamin D 0mcg		0%	• Calcium 110mg	8%	• Iron 3mg	15%		
Potassium 482mg		10%						

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.