

Shrimp & Crab Gumbo

INGREDIENTS

- 1 lb Louisiana medium shrimp, peeled & deveined
- 1 lb Louisiana crab meat
- 1 c vegetable oil
- 1 $\frac{1}{4}$ c flour
- 2 c onion, diced
- 1 c bell pepper, diced
- 1 cup celery, diced (about 4 ribs)
- 3 Tbsp Cajun Seasoning
- 2 Tbsp liquid crab boil
- 1 tsp red pepper
- 2 qt of shellfish stock
- $\frac{1}{2}$ c chopped parsley
- 1 c sliced green onion
- 6 c cooked rice

DIRECTIONS

1. In a large dutch oven, heat oil, sprinkle flour using wire whisk, stir constantly until roux is created.
2. Once golden brown, add onion, bell pepper, and celery. Cook for 8-10 minutes.
3. Add Cajun Seasoning, crab boil, and red pepper. Slowly add shellfish stock. Simmer for 1 hour. Add shrimp, and crabmeat with liquid to the gumbo, and return to a low boil. Cook for 10 minutes.
4. Add green onion, parsley, and adjust any seasoning as needed.
5. Serve over cooked rice.



HEALTHY SWAPS

- **Lower fat:** Omit oil and make skinny roux by baking flour for 60-90 minutes at 400 degrees until golden brown. Combine with cold water and simmer in a pot for 20 minutes until desired thickness and color. 340 calories. 1.5g fat (0g saturated fat, 150mg cholesterol.) 2380mg sodium. 57g carbohydrates (3g fiber, 3g sugar.) 25g protein.
- **Lower carbohydrate:** Substitute ½ cup (~1oz) whey protein isolate for flour when making roux, cook until bubbly and desired color. 380 calories. 30g fat (4g saturated fat, 150mg cholesterol.) 2,400mg sodium. 11g carbohydrates, 3g fiber, 4g sugar.) 24g protein.
- **Lower sodium:** Use salt-free Cajun seasoning, unsalted chicken or vegetable broth, and omit seafood boil to lower sodium to 700mg. Note: the remaining sodium in the dish is from seafood.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free flour. Ensure Cajun seasoning is gluten-free. No significant change in macros.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	8 servings per container	Total Fat 30g		38%	Total Carbohydrate 57g		21%	*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.
Serving size 2 Cups (406g)	Saturated Fat 4g		20%	Dietary Fiber 3g		11%		
Calories per serving	Trans Fat 0g			Total Sugars 3g				
	Cholesterol 150mg		50%	Includes 0g Added Sugars		0%		
580	Sodium 2380mg		103%	Protein 25g		50%		
	Vitamin D 0mcg	0%	• Calcium 100mg	8%	• Iron 2.5mg	15%		
	Potassium 240mg	6%						