

Seafood Gumbo

by Tosca Reno

Ingredients:

3 Tablespoons olive oil
1 onion, chopped
2 stalks celery, chopped
1 large green bell pepper, seeded and chopped
4 large cloves garlic, chopped
1 1/2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon Old Bay seasoning
1/2 teaspoon cayenne pepper
2 Tablespoons tomato paste
4 cups low sodium chicken broth
12 oz cut frozen or fresh okra (about 3 cups)
1 teaspoon chopped fresh thyme
2 bay leaves
1 lb 51-60 count shrimp, peeled and deveined
12 oz low fat all natural fully cooked andouille sausage
Steamed long grain brown rice, for serving
Hot sauce, to garnish

Directions:

This recipe can be made using either a Dutch oven or a large heavy-bottomed pot. I do not own a Dutch oven so large heavy-bottomed pot it was for me!

To start add olive oil and flour in the pot, and cook, stirring occasionally. Cook until the mixture is brown and toasty, so roughly 8 minutes. Add onion, celery, pepper, garlic, salt, pepper, Old Bay seasoning and cayenne. Cook the vegetables until they are tender, roughly 10 minutes.

Add tomato paste, broth, okra, thyme and bay leaves. Bring the mixture to a boil, stir to combine ingredients and then reduce heat to simmer, uncovered, for 20 minutes.

Increase heat to high. Add shrimp and sausage and gently stir to submerge them into the hot liquid. Cook for 3 -4 minutes until the shrimp are cooked through and the sausage is heated through.

Taste and add any additional seasoning if needed. Remove the bay leaves and throw them away. Serve over brown rice.