

SEAFOOD GUMBO

Ingredients

1/2 cup vegetable oil
1/2 cup all-purpose flour
1 celery stalk, chopped
1 yellow onion, chopped (I also add a tablespoon of minced onion)
1 green bell pepper, chopped
1/2 cup of chopped fresh parsley
2 cloves garlic (I also add a teaspoon of minced garlic)
2 bay leaves
8 cups chicken stock or 3 cans of chicken broth
16 oz of whole tomatoes with liquid or 2 large tomato, diced
1 pound sliced okra
1 cup chopped cooked chicken
1 pound lump crabmeat (I use crab legs)
1 pound large shrimp
1 tablespoon of gumbo file powder
4 Smoked sausages cut
Dash Worcestershire sauc

Direction :

In a heavy Dutch oven, heat oil. Add the flour and stir and cook until the mixture darkens to a brown color, about the shade of peanut butter. Add the celery, onion, green bell pepper, parsley, and garlic and saute until tender.

Whisk in chicken stock or broth, chopped tomato, sausages, and okra. Let simmer for 2 1/2 hours. About 10 minutes before serving time add cooked chicken, crabmeat and shrimp and simmer. Add Worcestershire.