

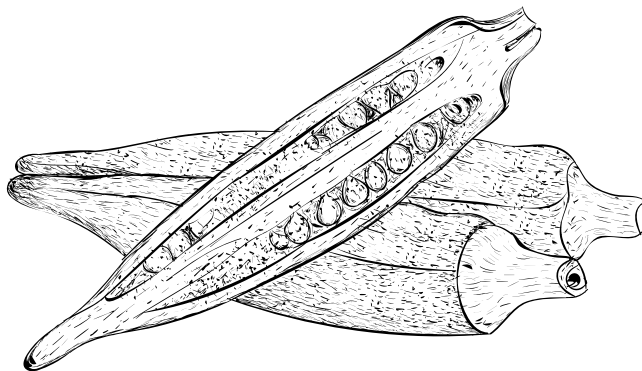
# Seafood Gumbo

*Submitted by Cari Sewell, St. Matthew Catholic Church*



## INGREDIENTS:

- 5 tbsp bacon grease\*
- 2 tbsp flour
- 2 small onions, chopped
- 2 cloves garlic
- 1.5 c celery, chopped
- 28 oz can diced tomatoes
- 15 oz can tomato sauce
- 6 c chicken broth\*
- Seasonings to taste: garlic powder, onion powder, Cajun seasoning, salt and pepper
- 1 lb Andouille sausage\*
- 1 ham hock\*
- 2 lbs shrimp, peeled
- 2 c okra, fresh or frozen
- 1 lb crabmeat
- 1 tbsp Worcestershire sauce



## DIRECTIONS

Brown flour in bacon grease and make roux.

Add garlic clove, onion and celery and brown for 5 minutes.

Add tomatoes, tomato sauce, chicken broth, Worcestershire sauce, sausage and ham hock.

Simmer on low for 1 hour.

Add okra and cook for 10 minutes then add shrimp and crab and cook until shrimp is pink.

Season to taste. Serve over rice steamed rice.

**\*Lent friendly substitutes:** swap bacon grease for butter and swap chicken broth for vegetable broth. Instead of Andouille sausage and ham hock, add extra spices to taste like cayenne, garlic, paprika and thyme. To add more bulk to the gumbo, increase the amount of crabmeat and shrimp, or add other vegetables like cauliflower, bell peppers, and mushrooms.