

Southern Gumbo

Yield: 8 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-southern-gumbo-recipe>

Ingredients:

- 3 skinless boneless chicken breast halves large
- 1 pinch salt and pepper to taste, optional
- 1/4 cup vegetable oil
- 16 ounces smoked sausage cut into 1/4 inch slices
- 2 tablespoons margarine
- 1/2 cup all-purpose flour
- 3 tablespoons margarine
- 1 onion large, chopped
- 8 cloves garlic minced
- 1 green bell pepper chopped
- 3 stalks celery chopped
- 1/4 cup worcestershire sauce
- 1/4 cup fresh parsley chopped
- 4 cups hot water
- 5 cubes beef bouillon cubes
- 14 1/2 ounces stewed tomatoes
- 2 cups okra frozen sliced
- 4 green onions chopped
- 1/2 pound shrimp cooked small
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 105 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 10 grams

8. Sodium: 1670 milligrams
 9. Sugar: 5 grams
 10. TransFat: 2.5 grams
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