

Seafood Gumbo

Yield: 10 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/basil-seafood-recipe-vietnamese>

Ingredients:

- 1 cup vegetable oil
- 1 cup AP flour
- 2 cups yellow onions chopped
- 1 cup bell pepper chopped
- 1 cup celery chopped
- 6 cloves garlic chopped
- 1 cup okra chopped
- 1 bunch green onions chopped
- 1/2 cup parsley chopped
- 8 cups seafood stock
- 2 pounds shrimp
- 1 pound lump crabmeat
- 3 crabs gumbo
- 1 pint oysters
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon dry thyme
- 1 tablespoon seafood Creole seasonings plus some for the
- 1/2 teaspoon white pepper
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne optional
- 1 teaspoon kosher salt
- 2 bay leaves

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 185 milligrams
4. Fat: 27 grams

5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 870 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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