

Authentic Seafood Gumbo

Yield: 4 min
Total Time: 270 min

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

Ingredients:

- 1/2 cup all purpose flour
- 1/2 cup bacon drippings
- 1 medium onion
- 1 bell pepper small or half of a large, stem and seeds removed
- 3 stalks celery
- 2 cloves garlic
- 3/4 pound chicken sausage sliced into 1/4 inch thick pieces
- 1 1/2 quarts beef broth
- 1 teaspoon sugar
- 1 tablespoon hot pepper sauce Tobasco
- 1/2 teaspoon Cajun seasoning
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1 cup diced tomatoes
- 1 tablespoon tomato paste
- 10 ounces frozen okra
- 1 1/2 pounds shrimp uncooked, peeled and deveined
- 8 ounces lump crabmeat I used frozen
- 1 tablespoon Worcestershire sauce
- 2 teaspoons gumbo file powder
- salt amount varies by preference

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 395 milligrams
4. Fat: 54 grams
5. Fiber: 4 grams
6. Protein: 69 grams

7. SaturatedFat: 19 grams
 8. Sodium: 3000 milligrams
 9. Sugar: 8 grams
-

Thank you for visiting our website. Hope you enjoy Authentic Seafood Gumbo above. You can see more 16 chicken sausage gumbo recipe southern living Get ready to indulge! to get more great cooking ideas.