

# Spicy Seafood and Sausage Gumbo

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-okra-juice-recipe>

## Ingredients:

- 1 yellow onion large
- 1 green bell pepper
- 1 red bell pepper
- 1/2 pound okra
- 1/2 cup canola oil
- 6 tablespoons all purpose flour
- 3 garlic cloves minced
- juices
- 1 can (14.5 oz.) diced tomatoes
- 5 cups bottled clam juice or fish stock
- 2 bay leaves
- 2 1/2 tablespoons Creole seasoning blend
- freshly ground pepper Salt and, to taste
- 1/2 pound andouille sausage cut into 1-inch &nbsp; slices
- 1 pound shrimp large, peeled and deveined
- 1 cup crabmeat fresh-cooked, picked over &nbsp; to remove any shell fragments
- 1 teaspoon filé powder
- white rice Cooked, for serving
- 2 tablespoons fresh flat leaf parsley finely chopped

## Nutrition:

1. Calories: 1380 calories
2. Carbohydrate: 158 grams
3. Cholesterol: 185 milligrams
4. Fat: 59 grams
5. Fiber: 3 grams
6. Protein: 63 grams

7. SaturatedFat: 11 grams
  8. Sodium: 2560 milligrams
  9. Sugar: 34 grams
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