

Mama's Seafood Gumbo

Yield: 7 min
Total Time: 105 min

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

Ingredients:

- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 onion chopped
- 1 green bell pepper cored, seeded and chopped
- 4 cups water or shrimp stock, see below
- 12 ounces tomato paste
- 2 pounds large shrimp 21/25 count, peeled and deveined
- 1 pound lump crabmeat or jumbo lump, picked over for cartilage
- hot sauce for seasoning
- 1/4 teaspoon filé powder optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 255 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 2 grams
8. Sodium: 810 milligrams
9. Sugar: 7 grams

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