

# Gumbo

Yield: 9 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-oxtail-recipe-with-browning>

## Ingredients:

- 1/2 pound andouille sausage cut in bite-size pieces
- 1/2 pound smoked sausage cut in bite-size pieces
- 1/2 pound meat cut boneless veal stew, in bite-size pieces
- 1/2 cup vegetable oil
- 1 pound okra trimmed and cut into 1/8-inch rounds
- 6 tablespoons all purpose flour
- 1 cup yellow onions chopped
- 3 quarts water
- 1 cube brown
- 1/2 pound boneless skinless chicken thighs
- 1/2 pound ham smoked, cubed
- 3 garlic cloves finely minced
- 1 tablespoon paprika
- 1/4 cup fresh flat leaf parsley chopped
- 1 teaspoon dried thyme ground
- 1 1/2 pounds lump crabmeat
- 1 pound shrimp head-on, or peeled and deveined
- 1 tablespoon filé powder
- freshly ground pepper Salt and, to taste
- white rice Steamed, for serving
- hot sauce for serving

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 215 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 44 grams

7. SaturatedFat: 9 grams
  8. Sodium: 1270 milligrams
  9. Sugar: 1 grams
  10. TransFat: 1 grams
- 

Thank you for visiting our website. Hope you enjoy Gumbo above. You can see more 18 jamaican oxtail recipe with browning Deliciousness awaits you! to get more great cooking ideas.