

Shrimp and Crab Gumbo

Yield: 11 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-shrimp-and-crab-gumbo-recipe>

Ingredients:

- 1/4 cup canola oil
- 1/4 cup bacon grease
- 1 cup all purpose flour
- 3 celery ribs chopped
- 2 green bell peppers chopped
- 1 onion chopped
- 4 garlic cloves grated or minced
- 9 cups seafood stock preferably homemade, see note
- 2 tablespoons Cajun seasoning preferably homemade
- 3 bay leaves
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot sauce
- 2 pounds shrimp shelled
- 1 pound crab meat shells picked out
- 1/4 cup fresh parsley, chopped
- 1 tablespoon filé powder
- salt to taste, optional
- cayenne pepper to taste, optional
- rice for serving

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 165 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 670 milligrams

9. Sugar: 1 grams

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