

# SOUTHERN SHRIMP GUMBO

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-stewed-okra-recipe>

## Ingredients:

- 1/4 cup butter
- 1/2 cup canola oil + 2 Tablespoons
- 1/2 cup all-purpose flour
- 1 sweet onion large, chopped
- 1 green bell pepper chopped
- 2 celery ribs chopped
- 3 cloves garlic minced
- 2 bay leaves
- 14 1/2 ounces fire roasted tomatoes
- 6 cups seafood stock divided
- 1 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1 tablespoon Creole seasoning low salt
- 1 andouille sausage link
- 1 smoked sausage link
- 1 cup okra fresh, chopped
- 1 teaspoon shrimp and crab boil liquid
- 2 pounds shrimp peeled and deveined
- 3 green onions chopped
- gumbo filé optional

## Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 410 milligrams
4. Fat: 60 grams
5. Fiber: 5 grams

6. Protein: 65 grams
  7. SaturatedFat: 13 grams
  8. Sodium: 1880 milligrams
  9. Sugar: 5 grams
  10. TransFat: 0.5 grams
- 

Thank you for visiting our website. Hope you enjoy SOUTHERN SHRIMP GUMBO above. You can see more 16 southern style stewed okra recipe They're simply irresistible! to get more great cooking ideas.