

# Creole Gumbo

Yield: 4 min

Total Time: 105 min

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

## Ingredients:

- 1/2 cup onions diced 1/4"
- 1 cup celery diced 1/4"
- 1/2 cup red bell peppers diced 1/4"
- 1/2 cup green bell peppers diced 1/4"
- 4 cloves garlic chopped fine
- 5 slices bacon diced into pieces
- 1 bay leaves
- 1/2 tablespoon thyme leaves
- 1/2 pound okra frozen, cut into bite size pieces
- 28 ounces tomatoes diced with juice
- 1 tablespoon fish or shrimp base
- 1/4 teaspoon black pepper ground
- 1 tablespoon worcestershire sauce
- 4 cups fish stock strong, hot
- 1 tablespoon gumbo file
- 1/2 cup water cold
- 1/2 pound shrimp raw, peeled 26-30 count
- 1/2 pound andouille sausage
- 4 tablespoons butter unsalted
- 4 tablespoons flour all purpose
- 1/2 teaspoon Tabasco

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 185 milligrams
4. Fat: 46 grams
5. Fiber: 6 grams
6. Protein: 35 grams

7. SaturatedFat: 18 grams
  8. Sodium: 1680 milligrams
  9. Sugar: 9 grams
- 

Thank you for visiting our website. Hope you enjoy Creole Gumbo above. You can see more 18 southern creole gumbo recipe Experience flavor like never before! to get more great cooking ideas.