

Chicken Shrimp and Okra Gumbo

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1/4 cup canola oil
- 3 1/2 pounds skinless chicken thigh
- 1/2 cup flour
- 1/4 cup unsalted butter
- 1 green bell pepper medium, diced
- 1 medium onion diced
- 1 cup chopped celery about 3 sticks
- 1 tablespoon minced garlic
- 14 ounces tomatoes
- 1 tablespoon Creole seasoning adjust to preference
- 1/2 tablespoon smoked paprika
- 1 tablespoon chicken bouillon powder or Cube
- 1 tablespoon thyme fresh or dried
- 2 bay leaves
- 2 cups okra chopped
- 1 pound shrimp peeled and deveined
- 1/4 cup chopped parsley
- 2 green onions chopped
- 1 tablespoon gumbo file
- 6 cups water or more

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 535 milligrams
4. Fat: 88 grams
5. Fiber: 6 grams

6. Protein: 96 grams
7. SaturatedFat: 24 grams
8. Sodium: 810 milligrams
9. Sugar: 6 grams

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