

Slow Cooker Crockpot Gumbo

Yield: 6 min
Total Time: 510 min

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

Ingredients:

- 10 ounces andouille sausage Sliced into pieces
- 1 tablespoon olive oil
- 4 tablespoons butter
- 4 tablespoons all purpose flour
- 1 cup green peppers chopped
- 1 cup chopped celery
- 1 cup chopped onion I use white onion.
- 3 garlic cloves
- 2 cups okra frozen chopped
- 14 1/2 ounces diced tomatoes Optional
- 24 ounces chicken broth
- 1 pound skinless chicken breasts
- 1 pound raw shrimp
- 1 bay leaf
- 1 teaspoon dried basil
- 1 teaspoon oregano
- 1 tablespoon Creole seasoning
- 1/2 teaspoon thyme
- 1 tablespoon Worcestershire sauce
- 1 teaspoon cayenne pepper Optional for spicy.
- salt
- pepper

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 220 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams

6. Protein: 43 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 770 milligrams
 9. Sugar: 5 grams
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