

# Louisiana Gumbo

Yield: 10 min  
Total Time: 90 min

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

## Ingredients:

- 12 ounces medium shrimp peeled, deveined and sliced
- 8 ounces boneless skinless chicken breast trimmed and cut into 1/2-inch pieces
- 8 ounces andouille sausage thinly sliced
- 1/2 cup all-purpose flour
- 1/3 cup butter
- 1 onion large, chopped
- 1 green bell pepper large, diced
- 1/2 stalk celery diced
- 8 cups reduced sodium chicken broth
- 2 cups water
- 2 cups long-grain white rice
- 15 okra pods trimmed and cut into 1/2-inch-long pieces, 1-2 cups
- 4 cloves garlic minced
- 2 bay leaf
- 2 tablespoons canola oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon old bay seasoning
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- salt
- pepper to taste
- hot sauce to taste

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 100 milligrams
4. Fat: 17 grams

5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 820 milligrams
9. Sugar: 1 grams

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