

# Southern Seafood Gumbo

Yield: 12 min  
Total Time: 60 min

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

## Ingredients:

- 1 onion medium, chopped
- 2 celery ribs with leaves, chopped
- 1 green pepper medium, chopped
- 1 tablespoon olive oil
- 3 garlic cloves minced
- 46 ounces V8 Juice spicy hot
- 14 1/2 ounces diced tomatoes undrained
- 1/4 teaspoon cayenne pepper
- 16 ounces okra frozen sliced, thawed
- 1 pound catfish fillets cut into 3/4-inch cubes
- 3/4 pound uncook medium shrimp, peel and devein
- 3 cups long-grain rice cooked

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 20 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 1 grams
8. Sodium: 30 milligrams
9. Sugar: 2 grams

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