

Uncle Dank's Gumbo

Yield: 10 min
Total Time: 225 min

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

Ingredients:

- 2 tablespoons butter
- 2 cloves garlic
- 2 cups chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 1 pound okra chopped
- 1/4 cup canola oil
- 1/4 cup all-purpose flour
- 1 pound chicken thighs
- 1 pound andouille sausage links
- 2 cups water
- 6 cups chicken broth
- 2 pounds shrimp fresh, peeled and deveined
- 1 sprig fresh thyme
- 3 teaspoons fresh parsley chopped
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon hot pepper sauce e.g. Tabasco™
- 1/2 teaspoon file powder optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 180 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 370 milligrams

9. Sugar: 2 grams

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