

Gumbo

Winn-Dixie Food Stores

Servings: 8

1/2 cup vegetable oil
3 large (about 6 cups) onions, chopped
4 stalks celery, chopped
1/2 teaspoon cayenne pepper
1/4 cup fresh thyme, chopped
1 can (28 ounce) diced tomatoes (with juice)
2 cups chicken broth
1 1/2 pounds boneless/skinless chicken thighs, cut into one-inch cubes
2 bags (12 ounce ea) jumbo gumbo shrimp
1/2 cup flour
3 green peppers, seeded and chopped
8 cloves garlic, peeled and chopped
1/2 cup white wine
3 bay leaves
16 ounces bottled clam juice
2 pounds smoked sausage, cut into 1/2-inch pieces
1 package (16 ounce) sliced frozen okra
fresh flat-leaf parsley (for garnish), minced

Heat the oil in a heavy six-to-eight quart pot over medium-high heat until very hot and close to smoking. Add the flour and stir without stopping until the mixture is dark brown, about 4 to 5 minutes. Add the onions, peppers and celery. Cook, stirring regularly, until the onions are soft and brown, about 15 minutes.

Add the garlic and cayenne and stir for two minutes. Add the wine, thyme and bay leaves and bring to a boil. Add the tomatoes with juice, clam juice, broth, sausage and chicken. Reduce the heat and simmer until the chicken is cooked through, 12 to 15 minutes.

Add the okra and cook until tender, 8 to 10 minutes. Finally, add the shrimp to the pot and cook until the shrimp are barely opaque, 4 to 5 minutes.

Season with salt and pepper. Garnish with parsley and serve with rice.

Per Serving (excluding unknown items): 587 Calories; 49g Fat (75.8% calories from fat); 19g Protein; 16g Carbohydrate; 2g Dietary Fiber; 81mg Cholesterol; 1284mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 8 1/2 Fat.

Soups, Chili and Stews

Calories (kcal): 587
% Calories from Fat: 75.8%
% Calories from Carbohydrates: 11.4%
% Calories from Protein: 12.8%
Total Fat (g): 49g
Saturated Fat (g): 14g
Monounsaturated Fat (g): 24g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 81mg
Carbohydrate (g): 16g
Dietary Fiber (g): 2g
Protein (g): 19g
Sodium (mg): 1284mg
Potassium (mg): 509mg
Calcium (mg): 47mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 68mg
Vitamin A (i.u.): 414IU
Vitamin A (r.e.): 41RE

Vitamin B6 (mg): .4mg
Vitamin B12 (mcg): 1.8mcg
Thiamin B1 (mg): .4mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 30mcg
Niacin (mg): 5mg
Caffeine (mg): 0mg
Alcohol (kcal): 10
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 587 **Calories from Fat:** 445

% Daily Values*

Total Fat 49g 75%
 Saturated Fat 14g 69%
Cholesterol 81mg 27%
Sodium 1284mg 54%
Total Carbohydrates 16g 5%
 Dietary Fiber 2g 9%
Protein 19g

Vitamin A 8%
Vitamin C 114%
Calcium 5%
Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.