

Shrimp & Sausage Gumbo

Winn-Dixie Fisherman's Wharf pre-prepared meal package

1/2 cup dark roux (see note)

1/2 cup chopped yellow onion

1/2 cup chopped celery

1/4 cup chopped green bell pepper

1 pound okra, trimmed and cut into 1/2-inch pieces

2 pounds vine-ripened tomatoes, peeled and chopped, or one 28-ounce can peeled tomatoes with their juice

2 fresh jalapeno or other hot peppers

3 cups long grain white rice

1 1/2 pounds uncooked headless shrimp

1 pound sausage, thinly sliced

To make the gumbo, heat the roux in a large stockpot over medium heat. Add the onions, celery, and bell pepper and cook until the onions begin to become transparent, stirring constantly, about 10 minutes. Add the okra and cook, stirring often, until all the ropiness is gone, about 20 minutes. Add the tomatoes and simmer for 10 minutes. Add the hot peppers and reserved stock and simmer, uncovered, for about an hour.

About 30 minutes before serving, cook the rice in a separate pot. Fifteen minutes before serving, add the reserved crab claws and bodies to the gumbo and increase the heat. Five minutes before serving, add the shrimp. Serve in large bowls over fluffy white rice, with hand towels as napkins.

Note: For a dark roux combine 1/4 cup oil and 1/2 cup flour in a skillet ; cook over medium heat, stirring constantly, until roux is the color of chocolate (about 30 minutes).

Per Serving (excluding unknown items): 50 Calories; trace Fat (4.4% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 2 Vegetable.