



## Gumbo with Okra

(Serves 6-8) For 8 servings: 253 Calories; 12gfat per serving

Tools Needed:  
Small Skillet  
Large Pot or Dutch oven  
Whisk  
Wooden Spoon

This gumbo is actually simple to make and still tastes oh so delicious! You just need a bit of patience in the beginning to make a lovely roux – the basis for all great gumbos! Don't forget to serve this with simple steamed rice, white or brown.

3 tbsps. + 1 tsp. Canola Oil, divided  
12 oz. package Andouille Sausage, sliced about ¼ inch thick  
2 tbsps. Unsalted Butter  
½ cup All-Purpose Flour  
2 medium Onions, finely chopped  
1 green Bell Pepper, chopped  
2 ribs Celery, finely chopped  
5 cloves Garlic, minced  
1 tsp. Sea Salt  
1 (28-ounce) can Diced Tomatoes  
4 C Chicken Broth  
1 C Clam Juice  
16 oz. fresh Okra, tops trimmed and halved lengthwise, or frozen Okra  
3 bay leaves  
1 tbsps. Worcestershire sauce  
1 tbsps. Fresh Thyme leaves  
½ t Cayenne  
2 pounds medium Shrimp, peeled and deveined  
1 Lemon, juiced and the lemon zest  
Sea Salt  
6 stalks green onions, chopped  
handful fresh flat-leaf parsley, chopped

Serving suggestion: Steamed brown or white rice and Tabasco sauce for sprinkling.

Over medium high heat, in a nonstick skillet, heat one teaspoon canola oil, and add the sliced andouille sausage. Cook for about 5 minutes, stirring every couple of minutes. This sausage is already fully cooked, so you are just heating it through and creating a crust.

Meanwhile, in a large heavy skillet or Dutch oven, heat 2 tablespoons oil with the butter over medium heat. Slowly sprinkle in the flour, while whisking it in. Continue to whisk the oil/butter/flour mixture for about 10 minutes. Be careful not to burn this mixture. You are creating a dark roux, so you want it to get to a dark golden color. When the roux is ready, add the chopped vegetables; the onions, bell pepper, celery and garlic. Add the last tablespoon of oil, and the sea salt. Cook this mixture until softened, about 10 minutes, stirring periodically. Next, add the diced tomatoes, chicken broth, clam juice, okra, bay leaves, Worcestershire sauce, fresh thyme and cayenne. Bring to a boil, lower the heat to simmer, cover, and cook for 15 minutes.

Uncover the pot, add the shrimp, lemon juice and zest, green onions and parsley; cook until the shrimp turn pink, about 3 minutes. Turn off the heat, and allow this mixture to sit for a few minutes before serving. Check for seasonings, and adjust if necessary. Ladle into a shallow bowl, and scoop some rice on top. Enjoy!

The logo features a stylized orange and yellow sun or fruit icon to the left of the text "Nourishing You".

# Nourishing You

## **Benefits:**

**Okra** – This unique vegetable contains a powerful compound, glutathione, which shows potential to stave off particular types of cancer. It prevents cancer causing chemicals from tampering with DNA.

**Tomato** - In addition to providing more than half of your daily Vitamin C requirement, tomatoes are bursting with a disease fighting carotenoid called Lycopene. Research shows that lycopene may help to prevent prostate cancer and heart disease.