

Healthy Food for a Wealthy Mood

advice for **life**SM



Seafood Gumbo for the Holidays

- - 5 tablespoons canola oil, divided later
- - 1 lb of okra, cut into ¼ inch-thick rounds, (fresh or frozen)
- - 4 teaspoons distilled white vinegar
- - 1/3 cups all-purpose flour
- - 2 cups chopped green bell peppers
- - 1 ¼ cups chopped yellow onions
- - 1 ¼ cups chopped scallions, divided later.
- - 1 cup chopped celery
- - 1 or 2 chopped garlic cloves
- - 1 28 oz can of diced tomatoes
- - 2 cups seafood stock or water
- - ½ cup cubed boiled deli ham
- - 2 bay leaves
- - 2 sprigs fresh thyme or ½ teaspoon dried
- - 1 tablespoon Worcestershire sauce
- - 1 teaspoon of preferred hot sauce
- - 1/8 teaspoon salt
- - 1 lb peeled, deveined raw shrimp (26-35 count)
- - ½ lb lump crab meat, remove shell and cartilage
- - 2 tablespoons chopped parsley

Cooking Instructions

- Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add okra and cook, stirring often, until it starts to turn dark brown, 18 to 22 minutes. Add vinegar and cook, stirring frequently, until the okra is browned and no longer has "sticky strings" attached, 2 to 3 minutes more. Remove from heat and set aside.
- Heat the remaining 4 tablespoons oil in a large heavy pot or Dutch oven over medium heat for 2 minutes. Add flour and cook, stirring slowly and constantly, until the mixture smells very toasty and is the color of peanut butter, 5 to 10 minutes.
- Add bell peppers, onions, 1 cup scallions, celery and garlic and cook, stirring often, until the vegetables are tender and lightly golden, 10 to 12 minutes. Stir in the okra, tomatoes, stock (or water), ham, bay leaves, thyme, Worcestershire, hot sauce and salt. Reduce the heat to medium-low, cover and simmer, adjusting the heat as necessary to maintain a slow, steady simmer, for 45 minutes.



- Add shrimp and crabmeat to the pot and simmer, uncovered, until the shrimp are cooked through, about 8 minutes. Discard the bay leaves and thyme. Garnish with parsley and the remaining scallions.

Nutrition Facts

- Serving size: about 1 1/2 cups
- Per serving: 243 calories; 10 g fat(1 g sat); 5 g fiber; 18 g carbohydrates; 22 g protein; 82 mcg folate; 104 mg cholesterol; 6 g sugars; 0 g added sugars; 1252 IU vitamin A; 62 mg vitamin C; 162 mg calcium; 2 mg iron; 593 mg sodium; 737 mg potassium
- Nutrition Bonus: Vitamin C (92% daily value), Folate (25% dv), Iron (24% dv), Potassium (20% dv), Vitamin A (19% dv)
- Carbohydrate Servings: 1 1/2

<http://www.eatingwell.com/recipe/250542/seafood-gumbo/>

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