

Seafood & Sausage Gumbo



Ingredients

¾ cup butter
¾ cup flour
3 sweet bell peppers
1 large yellow onion
5 green onions
2 stalks of celery
1 cup carrots, chopped
1 Tbsp minced garlic
28 oz canned diced tomatoes
4-10 cups broth
2 bay leaves
1 Tbsp Cajun seasoning
1 tsp salt
1 tsp pepper
1 tsp thyme
¼ cup fresh parsley
2 tsp smoked paprika
2 tsp Worcestershire
1 tsp hot sauce
2-3 links of sausage
1 cup fresh crabmeat
1 cup shrimp
½ cup scallops

Utensils

Measuring cups and spoons
Spatula
Large pot with a lid
Knife
Cutting Board
Whisk



Recipe Instructions

Step 1: Prep

Prep your cutting station with a damp cloth and cutting board.

Chop bell peppers, green onions, celery, carrots

Dice onion. Mince garlic.

Using a clean or new cutting board and knife, slice sausage.

Step 2: Roux & Rice

Start your roux by adding butter to a large pot over medium heat to melt. Whisk in flour and continually whisk for about 10 minutes.

Add 2 cups of rice and 4 cups of broth or water to a small pot with lid. Bring to a boil. Reduce to low and simmer for 20 minutes.

Step 3: Sauté

Add in chopped peppers, onions, celery, carrots, and minced garlic. Stir with a spatula and cook a few minutes until tender.

Add in diced tomatoes and 4-6 cups of broth depending on how thick you want your gumbo. Stir to combine.

Step 4: Season & Sausage

Add all seasonings, Worcestershire, hot sauce, and sausage to the pot. Add lid, put stove on high and bring to a boil. Stir periodically.

Reduce to low and simmer for at least 30 minutes or up to an hour. The longer you simmer, the more flavor! Make sure the lid is on.

Step 5: Seafood

Once you are done simmering, add in seafood, stir to combine, put lid on, and turn heat off.

Let the seafood cook in the hot gumbo for a few minutes until cooked through.

Step 6: Serve and Enjoy!

Plate over rice and garnish with fresh parsley.

Enjoy!

This meal can be stored in an airtight container for 4 days.



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Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.