

Shrimp and Sausage Gumbo

Serves 4 - 5

Gumbo Ingredients

- 12 ounces andouille sausage, sliced into ½-inch pieces
- 4 tablespoons butter
- ¼ cup all-purpose flour
- 1 small yellow onion, finely chopped
- 1 small red or green bell pepper
- 2 celery ribs, chopped
- 4 cloves garlic, minced
- 1 tablespoon cajun seasoning
- ¼ teaspoon dried thyme
- Kosher salt and freshly ground pepper to taste
- 1 bay leaf
- 1 (15-ounce) can fire-roasted diced tomatoes
- 1 quart low-sodium chicken stock
- 1 pound medium-large shrimp, peeled and deveined
- 3 scallions, thinly sliced
- ¼ cup Italian parsley, finely chopped

- Cooked white rice for serving



Steps

1. In a large, deep skillet over medium-high heat, cook sausage until brown around the edges. Remove to a plate. Reduce the heat to medium-low and add the butter. Once butter is melted add flour and cook, stirring constantly, until the roux is a dark caramel color. This will take between 7 - 10 minutes.
2. Add onions, peppers, and celery and stir until softened - about 5 minutes more. Stir in garlic and sausage, then season with Cajun seasoning, dried thyme, salt and pepper. Stir in the bay leaf, diced tomatoes, chicken stock and sausage and bring to a boil. Reduce heat to a low simmer until thickened, stirring occasionally - about 1 hour.
3. In the last 10 minutes of cooking, add the shrimp. Once shrimp is pink in color, taste for seasoning. Serve hot on top of rice. Top with scallions and parsley.