



## Sister Pam's Gumbo

*Sister Pam Smith SSCM, Ph.D.*



### Directions:

Servings 6

1. Cut sausage into slices; set aside
2. Combine flour and oil in a 4 quart heavy saucepan; mixing until smooth. Cook and stir over medium-high heat for 3 minutes. Reduce to medium; cook and stir for 6-8 minutes or until roux is dark reddish brown.
3. Stir in onion, bell peppers, celery, okra and garlic; cook and stir 8-10 minutes or until vegetables are tender. Stir in Cajun Seasoning
4. Stir in chicken broth; bring to a boil. Cook and stir for 1 minute. Reduce heat to low; stir in sausage, pepper sauce, black pepper and salt to taste. Stir in Kitchen bouquet to desired coloring. Simmer, covered for 15 minutes. Remove cover
5. Add shrimp last and cook 3 minutes or until shrimp turn pink.
6. Serve over rice
7. Garnish with parsley sprigs

Store gumbo in the refrigerator for up to three days and then reheat gently before serving. As with many stews and braises, gumbo tastes better the second day. You can also freeze it for up to eight months. Simply transfer to freezer-safe containers.

Nutritional Information: Per Serving: Calories: 398; Carbohydrates: 12.4g; Protein: 22.9g Fat: 28.2g; Saturated Fat: 7.9g; Cholesterol: 117mg; Sodium: 1205mg

### Ingredients:

1 (14 oz.) package andouille sausage or Smoked Sausage (optional)

### Roux

¼ cup cooking oil  
¼ cup Flour

### Gumbo

1 onion, chopped  
1 green bell pepper seeded, chopped  
1 cup chopped celery  
1 cup sliced okra  
2 cloves garlic (chopped)  
2 teaspoons Cajun seasoning  
2 cups chicken stock  
½ teaspoon hot pepper sauce  
½ teaspoon ground black pepper  
Salt to taste  
1 pound large raw shrimp, peeled, deveined  
Kitchen bouquet for darkening of the gumbo (about ½ tablespoon)