



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Shrimp and Crab Gumbo

Prep Time: 30 mins

Cook Time: 34 mins

Total Time: 1 h 4 mins

Ingredients

- ❖ 1 pounds shrimp, large in shells
- ❖ 1/3 cup(s) flour, all-purpose
- ❖ 2 tablespoon oil, cooking
- ❖ 2 cup(s) onion(s), chopped
- ❖ 1 1/2 cup(s) pepper(s), green, bell, chopped
- ❖ 4 stalk(s) celery, thinly sliced
- ❖ 4 clove(s) garlic, minced
- ❖ 2 can(s) broth, reduced-sodium beef, 14 ounces each
- ❖ 1 cup(s) water
- ❖ 16 ounce(s) okra
- ❖ 12 ounce(s) crabmeat, cooked
- ❖ 3 cup(s) rice, long grain, hot cooked
- ❖ scallion(s) (green onions)
- ❖ hot sauce
- ❖ 1/2 teaspoon thyme, dried
- ❖ 1/4 teaspoon pepper, white
- ❖ 1/4 teaspoon salt
- ❖ 1/4 teaspoon pepper, black ground
- ❖ 1/4 teaspoon pepper, red, crushed

Preparation

Shrimp and Crab Gumbo:

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry with paper towels. In a medium skillet, cook flour over medium heat about 6 minutes or until flour is browned, stirring frequently. Place in a small bowl; set aside to cool.
2. In a 4-quart Dutch oven, heat oil over medium-high heat. Add onion, sweet pepper, celery, and garlic; cook and stir about 5 minutes or until vegetables are tender.
3. Slowly whisk 1 can of the broth into browned flour. Add broth-flour mixture, remaining 1 can broth, the water, and Cajun Spice Mix to mixture in Dutch oven. Stir in okra. Bring to boiling; reduce heat. Cover and simmer for 15 minutes.
4. Add shrimp; cook for 2 to 3 minutes or until shrimp is opaque. Gently stir in crabmeat. Serve gumbo with rice. If desired, garnish individual servings with green onions. If desired, pass hot pepper sauce.

Cajun Spice Mix:

In a small bowl, combine 1/2 teaspoon dried thyme, crushed; 1/4 teaspoon ground white pepper; 1/4 teaspoon salt; 1/4 teaspoon ground black pepper; and 1/4 teaspoon crushed red pepper.

