

DINNER

# Dooky Chase's Shrimp Gumbo

6 October 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 70 min     | 20 min | 50 min | 6      | \$3.76      | 560 kcal |



Dooky Chase's Shrimp Gumbo might be a good recipe to expand your main course collection. One portion of this dish contains about 50g of protein, 35g of fat, and a total of 560 calories. This recipe serves 6. For \$3.76 per serving, this recipe covers 25% of your daily requirements of vitamins and min...

## Ingredients

- |                                                         |                                                        |
|---------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> 8 ounces beef stew meat, cubed | <input type="checkbox"/> 6 chicken wings, cut in half  |
| <input type="checkbox"/> 1 tablespoon file powder       | <input type="checkbox"/> 4 tablespoons flour           |
| <input type="checkbox"/> 3 cloves garlic, minced        | <input type="checkbox"/> 1 teaspoon ground thyme       |
| <input type="checkbox"/> 1 cup chopped onions           | <input type="checkbox"/> 24 oysters, with their liquid |
| <input type="checkbox"/> 1 tablespoon paprika           | <input type="checkbox"/> ¼ cup chopped parsley         |
| <input type="checkbox"/> ½ cup peanut oil               | <input type="checkbox"/> 1 tablespoon salt             |

☐ 8 ounces Creole hot sausage, cut into bite-size pieces

☐ 8 ounces smoked ham, cubed

☐ 1 pound white shrimp (30/40), peeled and deveined

☐ 8 ounces smoked sausage, cut into bite-size pieces

EQUIPMENT Frying pan, Pot

## Method

- 1 Heat the oil in a skillet over low heat and add the flour to make a roux, browning until golden about 3 minutes.
- 2 Add the onions and cook over low heat until the onions wilt about 4 minutes.
- 3 Put the shrimp, sausages, stew meat and ham in a 5-quart pot over medium heat.
- 4 Pour the onion mixture over the ingredients and add 3 quarts water, the chicken wings, file powder, paprika and salt. Bring to a boil and cook for 30 minutes or until broth reaches desired thickness.
- 5 Add the oysters, parsley, garlic and thyme. Lower the heat and cook until the shrimp is pink, about 10 minutes more, before serving.

### Nutrition per serving

| 560           | 50 g    | 35 g | 9 g                            |
|---------------|---------|------|--------------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                          |
| Saturated Fat |         |      | 10.8 g · 68% of daily needs    |
| Fibre         |         |      | 1.2 g · 5% of daily needs      |
| Sugar         |         |      | 1.4 g · 2% of daily needs      |
| Sodium        |         |      | 2,337 mg · 102% of daily needs |
| Cholesterol   |         |      | 257 mg · 86% of daily needs    |
| Vitamin C     |         |      | 6.5 mg · 8% of daily needs     |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/dooky-chases-shrimp-gumbo-148395](https://whatsheate.com/dooky-chases-shrimp-gumbo-148395)