



Earl Campbell's Hot Link Gumbo

READY IN



90 min.

SERVINGS



48

CALORIES



295 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups bacon fat
- 1 bay leaf
- 0.8 cup clam base
- 1 tablespoon cayenne
- 1 pound celery diced
- 1 tablespoon chicken stock cube
- 0.5 cup chili powder
- 0.5 cup thyme leaves dried
- 4 cups flour all-purpose

- 2 tablespoons sea salt
- 8 ounces bell peppers diced green
- 1.3 ounces gumbo file
- 1 tablespoon hot sauce such as tabasco
- 3 pounds okra frozen
- 1 pound onions diced
- 0.5 cup oregano dried
- 1 tablespoon paprika
- 8 ounces bell peppers diced red
- 48 servings serving suggestions: rice steamed
- 2 pounds earl campbell's link sausage hot
- 1 pound butter unsalted
- 5 quarts water

Equipment

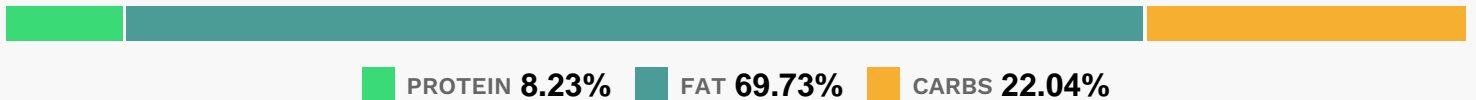
- bowl
- frying pan
- pot

Directions

- Start by making the roux. In a heavy bottomed pan, preferably a cast-iron skillet, melt the bacon fat and stir in the flour. It's important to keep stirring this until it turns a deep dark brown. Usually about 30 minutes. Also remember once it is brown to remove it from the burner and it will continue to cook as the pan is still really hot.
- For the gumbo: Melt the butter in a large pot.
- Add the celery, onions and green and red bell peppers.
- Let simmer for 5 minutes.
- Cut the hot links in 1/4-inch half-moons and add to the pot.
- Add the water, clam base, chili powder, thyme, oregano, garlic, paprika, cayenne, chicken base, hot sauce and bay leaf. Bring to a boil and turn down to a simmer.

- Let simmer for 30 minutes.
- Take 1 cup of the liquid and stir it into the still hot roux; it will expand to double the size.
- Add this to the gumbo and stir it in well bring it back to a boil. Once it has thickened, turn off the heat and stir in the okra and gumbo file. (At this point you have a nice base that you can add your choice of proteins to, anything from crawfish, shrimp, crab, chicken or a combination.)
- Serve in a bowl with steamed rice, soda crackers and Louisiana hot sauce.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:6.96, Inflammation Score:-10, Nutrition Score:14.496956566106%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 295.35kcal (14.77%), Fat: 23.46g (36.09%), Saturated Fat: 10.62g (66.38%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 12.89g (4.69%), Sugar: 2.13g (2.36%), Cholesterol: 43.45mg (14.48%), Sodium: 1112.93mg (48.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 61.21µg (58.29%), Vitamin A: 1609.99IU (32.2%), Manganese: 0.62mg (31.14%), Iron: 4.75mg (26.41%), Vitamin C: 19.04mg (23.08%), Vitamin B1: 0.23mg (15.52%), Fiber: 3.79g (15.14%), Folate: 54.67µg (13.67%), Vitamin B6: 0.26mg (12.87%), Vitamin B3: 2.5mg (12.5%), Vitamin E: 1.81mg (12.07%), Calcium: 104.67mg (10.47%), Magnesium: 38.59mg (9.65%), Vitamin B2: 0.16mg (9.23%), Phosphorus: 88.41mg (8.84%), Potassium: 302.24mg (8.64%), Selenium: 5.85µg (8.36%), Copper: 0.14mg (7.05%), Zinc: 1.03mg (6.88%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.21µg (3.57%)