



Smoky Shrimp and Chicken Gumbo

 Dairy Free

READY IN



193 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon peppercorns black
- ☐ 6 tablespoons canola oil divided
- ☐ 3 medium carrots coarsely chopped
- ☐ 2 medium celery stalks chopped
- ☐ 3 large celery stalks chopped

- ☐ 2 cups brown rice hot cooked
- ☐ 1 tablespoon creole seasoning
- ☐ 0.5 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 4 garlic clove crushed
- ☐ 1 large bell pepper green seeded finely chopped
- ☐ 3 cups beef broth fat-free
- ☐ 1 cup okra frozen
- ☐ 1 large onion coarsely chopped
- ☐ 2 teaspoons hot sauce hot (such as Tabasco)
- ☐ 1 pound shrimp unpeeled
- ☐ 6 chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 0.5 teaspoon paprika smoked
- ☐ 2 medium tomatoes finely chopped
- ☐ 8 cups water
- ☐ 2 cups onion white finely chopped
- ☐ 2 teaspoons worcestershire sauce

Equipment

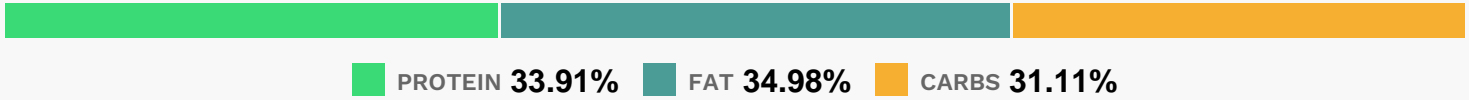
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ To prepare the stock, peel and devein shrimp, reserving shells.
- ☐ Cut each shrimp in half lengthwise; cover shrimp, and refrigerate.

- ☐ Combine reserved shrimp shells, 8 cups water, and next 6 ingredients (through onion) in a large Dutch oven, and bring to a boil. Reduce heat, and simmer for 1 hour. Strain mixture through a sieve into a bowl; discard solids. Set aside 3 cups stock; keep warm. Reserve the remaining shrimp stock for another use.
- ☐ To prepare the gumbo, heat a large cast-iron skillet over low heat; add 1/4 cup canola oil. Cook for 2 minutes, swirling to coat pan. Weigh or lightly spoon flour into a dry measuring cup. Gradually add flour to oil, stirring constantly with a whisk until smooth. Increase heat to medium; cook for 8 minutes or until the flour mixture is caramel-colored, stirring frequently. Cook 2 minutes or until mixture is chestnut-colored, stirring constantly.
- ☐ Remove from heat; slowly add warm shrimp stock, stirring until smooth.
- ☐ Pour stock mixture into a large bowl.
- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium heat.
- ☐ Add chicken; cook 7 minutes, turning to brown on all sides.
- ☐ Add onion and the next 5 ingredients (through bell pepper); saut for 3 minutes. Return stock mixture to pan; add broth and bay leaves. Bring to a boil; reduce heat, and simmer for 45 minutes.
- ☐ Add okra and next 3 ingredients (through black pepper). Simmer for 30 minutes.
- ☐ Combine shrimp and paprika; toss to coat shrimp.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add shrimp; saut for 2 minutes or until the shrimp are done. Stir shrimp into okra mixture. Discard bay leaves.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:12.72, Inflammation Score:-10, Nutrition Score:24.566087017889%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg

Nutrients (% of daily need)

Calories: 386.92kcal (19.35%), Fat: 15.16g (23.32%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 25.98g (9.45%), Sugar: 5.39g (5.98%), Cholesterol: 171.8mg (57.27%), Sodium: 390.33mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.13%), Vitamin A: 4607.96IU (92.16%), Manganese: 1.04mg (52%), Vitamin C: 31.61mg (38.32%), Phosphorus: 378.93mg (37.89%), Vitamin B6: 0.71mg (35.48%), Vitamin B3: 6.66mg (33.29%), Selenium: 22.69µg (32.42%), Potassium: 944.5mg (26.99%), Copper: 0.46mg (23.04%), Vitamin K: 23.6µg (22.48%), Magnesium: 89.63mg (22.41%), Vitamin B1: 0.29mg (19.19%), Zinc: 2.8mg (18.69%), Vitamin E: 2.67mg (17.83%), Fiber: 4.34g (17.38%), Vitamin B2: 0.26mg (15.21%), Vitamin B5: 1.49mg (14.91%), Iron: 2.32mg (12.87%), Folate: 51.42µg (12.85%), Calcium: 105.65mg (10.57%), Vitamin B12: 0.54µg (9.04%)