



Louisiana Gumbo

prep time:
20 minutes

cook time:
40 minutes

makes 4 servings

grocery list

ShopRite grapeseed oil

all-purpose flour

fresh garlic

Creole or Cajun seasoning

celery

**Spike's Santa Fe Picante Salsa or
Chunky Chunky Mild**

1/2 lb. fresh, uncooked peel and
eat shrimp

1/2 lb. Andouille sausage

Recipe courtesy of Santa Fe Packing Co.

Louisiana Gumbo

- 3 tbsp. **ShopRite grapeseed oil**
- 3 tbsp. all-purpose flour
- 2 cloves garlic, minced
- 1 tbsp. Creole or Cajun seasoning
- 2 stalks celery, chopped
- 1/2 jar **Spike's Santa Fe Picante Salsa** or **Chunky Chunky Mild**
- 1/2 lb. fresh, uncooked peel and eat shrimp (reserve shells)
- 1/2 lb. cooked and sliced Andouille sausage
- 1 cup shrimp stock (made with water and reserved shells)

1. In medium saucepan, combine oil and flour; cook over low heat until mixture takes on light brown color and smells like popcorn. Add garlic, celery and Creole seasoning to roux (oil-flour mixture) and cook until aromatic and tender.
2. In the meantime, make quick stock in separate medium saucepan by simmering reserved shrimp shells with 1 1/2 cups of water or broth. Simmer until there is one cup of liquid left and strain out shells.
3. Add prepared stock to pot and bring to simmering. Simmer 5 minutes to cook out flour taste. Devein shrimp and cut in half lengthwise. Add uncooked shrimp and cooked sausage to pot along with **Spike's Santa Fe Picante Salsa**. Lightly simmer until shrimp are cooked and flavors are well blended. Season with salt and hot sauce, if desired. Serve a heaping ladle full of gumbo over top of cooked white rice.

Per Serving: 366 calories, 13g carbohydrate, 19g protein, 26g fat, 6g saturated fat, 1g fiber, 116mg cholesterol, 1603mg sodium

Cook's Journal

Kitchen Tools

- measuring utensils
- chef's knife
- cutting board
- 2 medium saucepans
- whisk
- fine mesh strainer
- wooden spoon
- ladle

Recipe Note

In modern Creole gumbo recipes, gumbos use roux as their primary thickener.

A Good Idea

You can also use sliced okra to act as a thickener for this traditional gumbo.

