

# GUMBO

## JM EVENTS AND CATERING



### INGREDIENTS:

- 4 tbsp all-purpose flour
- 6 oz canola oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 bunch sliced green onions
- 3 garlic cloves
- 1 12oz can diced tomatoes
- 2 qts water
- 2 cups sliced okra
- 1 ½ tsp paprika
- ½ tsp thyme
- 2 bay leaves
- 1 tbsp kosher salt
- 2 tsp gumbo file powder
- 1 tsp ground black pepper
- 1 tsp Louisiana cajun gumbo mix
- 1 pkg dried shrimp powder ( Mexican isle )
- 1 # 31/35 shrimp
- 16 oz oysters
- 16 oz lump crab meat
- 1 # spicy sausage of your choice
- 2 tsp Cavenders Greek seasoning

### DIRECTIONS:

1. In a large sautee pan, add 2oz of oil. Turn on medium heat. Add okra and sautee for 15 minutes stirring constantly. Remove and set aside.
2. In a heavy Dutch oven, add 2oz oil and flour on medium to low heat. Stir constantly for 20 to 25 minutes till you reach a rich dark brown color without burning.
3. In a sautee pan add 2oz oil, garlic, onions, peppers, celery and sautee for 5 minutes. Add sliced sausage and cook for 8 minutes. Add to flour and oil mixture
4. Add all remaining ingredients with the exception on of the shrimp and okra. Simmer on low to medium heat foe 30 minutes.
5. Add okra and shrimp and continue cooking for 15 minutes
6. Serve on a bed of rice.
7. ENJOY!



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