

Gulf Shrimp and Okra Gumbo

Cook time: 1 hr. 30 min.

Serves 6

Ingredients

2 pounds Gulf shrimp medium, peeled and deveined
1/2 cup Olive oil
2 pounds Okra chopped
1 tbsp Tomato paste
1 Tomato chopped
1 cup Onion chopped
4 cloves Garlic minced
1/2 cup Celery chopped
1/2 cup Green bell pepper chopped
6 cups Water or low sodium vegetable stock
1/2 cup Green onions chopped
Kosher salt to taste
Pepper to taste
Cayenne pepper to taste

Directions

1. Season the Gulf shrimp with salt, pepper and cayenne to taste and set aside.
2. Heat the oil in a large pot over medium heat. Add the okra and sauté for about 12 minutes, stirring occasionally.
3. Add the tomato paste, tomato, onion, garlic, celery and green bell pepper and sauté for 15 more minutes. Add the water or stock and season to taste. Bring to a boil, reduce heat to low and simmer for 45 minutes.
4. Add the Gulf shrimp and simmer for 6 more minutes. Finally, add the green onion to the soup and stir thoroughly. Serve with rice.