

SEAFOOD GUMBO

- * 2 Tablespoons Olive Oil
- * 2 medium onions, diced
- * 2 green bell peppers, diced
- * 3 ribs celery, finely diced
- * 1 Quart Jar of Dark Cajun Roux
- * 4-6 cloves garlic, minced
- * 1 Can of Stewed Tomatoes
- * 1 pound chopped Okra or 1 can of same
- * 3 quarts water
- * 2 tablespoons Cajun seasoning blend
- * 1 teaspoon thyme
- * 2 bay leaves
- * Salt and freshly ground black pepper to taste
- * 1 pounds medium shrimp, peeled and de-veined
- * 1 Can Oysters
- * 1 Can Baby Clams



In a skillet, add the Olive Oil, Sauté until the onions become translucent and the vegetables are tender. In an 8 quart pot, bring 3 quarts of water to a full boil . Add the contents of the skillet to the pot, add the remaining ingredients to the pot. Spoon in the the roux and break it up. Once the contents of the pot are at a full boil, lower heat and cook for about an hour.

Place about 1/2 of rice in each bowl and ladle the gumbo it.