

Shrimp Gumbo

- ~ ~ oil to cover bottom of large pot ¼ inch deep
- ~ ~ flour, enough to thicken rye
- 1 ea onion (chopped)
- 1 ea bell pepper (chopped)
- 1 pkg okra, frozen, non-breaded
- 1 clove garlic (minced)
- 3 can chicken broth
- 2 can water
- 1 tsp basil
- 1 tsp oregano
- 1 tsp red pepper
- 1 ea bay leaf
- ~ dash Cajun seasoning to taste
- ~ dash cayenne pepper
- 1 lb raw shrimp (peeled and de-veined)
- 1 lb crab meat

Simmer for 2 hours on low / medium heat, stirring continually and adding water as needed. About ½ hour before serving add 1 lb shrimp or crab meat (or both).
Serve over steamed rice.

Source: Ashli Young