



Zach's Spice Company
Library of Formulas

SEAFOOD GUMBO RECEIPE

Shrimp 1-1 ½ lb

Crabmeat 8 – 10 oz

Fish 1 – 1 ½ lb

Green Onions 3

Green Celery 3 ribs

Okra (frozen) 1 package

Crushed Tomatoes w Tomato puree or juice 1 large can

Gumbo Seasoning 3 oz (has chopped onion and bell pepper already in seasoning)

Flour 4 T

Chop vegetables and sauté in bacon drippings (from frying 4 slices bacon). Leave drippings in pan and add flour (I had to add a little oil).

Add chopped vegetables and cook about 5 minutes, stirring constantly.

Add entire package of seasoning and add about 1 ½ quarts of water. Add salt to taste.

Stir in entire can of tomatoes and juice; add package of frozen okra and simmer 10 minutes. Add all meat (uncooked) and simmer for about 1-2 hours (or longer).

You can add additional water if you think it needs it—make sure everything is covered in water throughout cooking time.

**Serves about 8 – 10.