

## Trinity Gumbo

Serving Size: 1/12 of recipe

Serves: 12

### Ingredients

½ cup vegetable oil  
½ cup flour  
3 tablespoons gumbo filet  
1 tablespoon paprika  
1 teaspoon oregano  
pinch cayenne pepper  
1 tablespoon vegetable oil  
1 medium onion, diced  
2 stalks celery, chopped  
2 pablano peppers, seeded and chopped  
4 cloves garlic, minced  
4 green onions, chopped  
2 cups boneless skinless chicken thighs, cubed small bites  
2 cups lean pork loin, cubed small bites  
6 cups low sodium vegetable broth  
2 cans no added salt diced tomatoes  
dash of salt if desired  
dash of black pepper if desired  
1 pound small shrimp  
2 cups fresh or frozen okra, sliced  
½ cup minced fresh parsley

### Directions

In a sauce pan, combine flour and oil until smooth. Cook over medium-high heat for 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir about 10 minutes more, or until mixture is reddish-brown. Set aside.

In a separate bowl, mix the filet, paprika, oregano and cayenne; set aside.

In a heavy soup pot, heat 1 tablespoon of vegetable oil. Add the onion, celery, pablano pepper, garlic and green onions. Sauté for about 5 minutes. Add the chicken and pork and sauté stirring about 5 minutes.

Add the vegetable broth and tomatoes and simmer for 5 minutes. Stir in the roux and continue to cook about 5 – 10 minutes. Add the dry seasoning mix. Taste and adjust seasonings as desired.

Season with a pinch of salt and pepper if desired.

Add shrimp, okra and parsley. Simmer, uncovered, about 5 minutes more or until shrimp is done.

Remove from heat and serve over brown rice. Yield: about 4 quarts.

### Exchanges per serving:

3 Lean Meats, 1 Starch, 1 Vegetable, 1 Fat

### Nutrients per serving:

Calories: 300

Calories from fat: 150

Total Fat: 16.7g

Saturated Fat: 3g

Cholesterol: 96mg

Sodium: 228mg

Carbohydrate: 16.5g

Dietary Fiber: 4g

Protein: 21g