

# Seafood Okra Gumbo



**Preparation time:** 25-30 mins



**Total time:** 2-2.5 hours



**Servings:** 6-8



## ROUX INGREDIENTS:

- 1 cup canola oil
- 1 ½ cup flour

## GUMBO INGREDIENTS:

- 1lb med-lrg peeled & deveined shrimp
- 1lb crab meat (lump or claw. I prefer lump)
- 1lb scallops
- 1 green bell pepper (diced)
- ¼ bunch fresh parsley (chopped)
- 2 stalks celery (diced)
- 1 yellow onion (diced)
- 1 bunch green onions (chopped/reserve ½ for garnish)
- 12-16 cups HOT water
- Pat-N-da Pot Cajun Seasoning
- Salt to taste
- 4-5 cups cooked rice

## Optional:

- 1.5 cup of premade roux
- 1 lb smoked Louisiana sausage (sliced)
- 12 oz bag okra (thawed)
- 1-2 tbsp Filé (add at the end or at the table)

Scan for the **SEAFOOD OKRA GUMBO** video:



\*For extra tips, refer to my youtube video - [Seafood Okra Gumbo Video](#)

