



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Quick Shrimp Gumbo

Ingredients:

- 1 cup quick-cooking brown rice (uncooked)
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, peeled and diced
- 1 onion, diced
- 2 teaspoons Cajun seasoning pre-mix
- 1/2 teaspoon ground hot or chipotle pepper
- 1 package (16 ounces) frozen bell pepper strips
- 1 can (28 ounces) diced tomatoes, drained
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1/2 pound frozen cooked shrimp, thawed
- 1 package (16 ounces) frozen cut okra
- Salt and pepper
- Hot sauce

Directions:

1. Cook the rice according to the package directions. While the rice is cooking, heat the oil over medium heat in a Dutch oven or large pot.
2. Add the garlic and onion and sauté for several minutes. Add the Cajun spice and pepper and cook, stirring, for two minutes. Add the pepper strips, tomatoes, beans, and shrimp, stir and bring just to a boil.
3. Reduce the heat to a simmer, cover, and cook for 10 minutes. Stir in the okra and simmer for 5 minutes longer. Season to taste with salt and pepper. Serve with the brown rice, and hot sauce on the side.

Serves 8

Nutrition: 250 calories, 5 g fat, 41 g carbohydrate, 13 g protein, 300 mg sodium

Source: Oldways

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