

SHRIMP & ANDOUILLE GUMBO



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 3 tablespoons olive oil, divided
- ★ 2 links chicken andouille sausage, sliced ¼-inch thick crosswise
- ★ ⅓ cup all-purpose flour
- ★ 1 small onion cut into ½-inch dice, ¾ cup (4 ounces)
- ★ 2 stalks celery cut into ½-inch dice, ¾ cup (3.5 ounces)
- ★ 1 small green bell pepper, stem and seeds removed, cut into ½-inch dice, ¾ cup (4 ounces)
- ★ 3 cloves garlic, peeled and finely chopped
- ★ 2 teaspoons no salt Creole seasoning
- ★ ½ cup crushed fire roasted tomatoes
- ★ 4 cups low-sodium chicken broth
- ★ 1½ cups fresh sliced okra, ¼-inch-thick, (5 ounces)
- ★ 12 large peeled and deveined shrimp (16/20 size) (½ pound)
- ★ 2 cups cooked cauliflower rice, for serving
- ★ 2 scallions, green parts only, thinly sliced, for serving

DIRECTIONS

In a Dutch oven or similar heavy-bottomed pot, heat 1 tablespoon of oil over medium heat. Add sausage and cook, stirring occasionally, until browned on both sides, about 5 minutes. Remove sausage with a slotted spoon to a paper towel lined plate.

Reduce heat to low and add remaining 2 tablespoons of oil to the pot. Sprinkle in flour, stirring constantly; this will be your roux. Cook, stirring very frequently to prevent burning, until the roux is deep brown, with a rich toasted, nutty fragrance, about 15 minutes. Keep a close watch as the roux can burn easily in the last few minutes of cooking.

As soon as the roux is done, add onion, celery, bell pepper, and garlic. Cook until vegetables are tender, about 5 minutes. Add Creole seasoning and cook until fragrant, 1 minute. Add tomatoes and cook, stirring frequently, until mixture has thickened and darkened in color slightly, about 2 minutes. Add chicken broth, stirring constantly. Bring to a simmer over medium-low heat and cook until slightly thickened, about 15 minutes.

Add okra and cook until tender, 5 to 7 minutes. Add shrimp and cook until opaque, 2 minutes. Add the browned sausage and cook for an additional 2 minutes. Divide gumbo among bowls and top with a ¼ cup scoop of cauliflower rice. Serve with thinly sliced scallions.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1¾ Cups + ¼ Cup Cauliflower Rice = 534 g)

270 Calories Per Serving, 12 g Total Fat, 23 g Total Carbohydrates, 20 g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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