

Spicy Seafood Gumbo



Ingredients:

- 1/2 cup olive oil
- 1/2 cup all-purpose flour
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes
- 6 cups seafood or chicken stock
- 1/2 pound andouille sausage, sliced
- 2 bay leaves
- 1 tablespoon Cajun seasoning
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper (adjust for heat)
- 1 teaspoon dried thyme
- 1 pound shrimp, peeled and deveined
- Salt and black pepper to taste
- 1/4 cup fresh parsley, chopped
- 2 cups cooked white rice
- Hot sauce (optional, for extra spice)

Instructions:

- **Make the Roux:** Heat oil in a large pot over medium heat. Slowly whisk in flour and cook, stirring constantly, for 10–12 minutes until the roux turns a deep brown.
- **Add Vegetables:** Stir in diced onion, bell pepper, celery, and minced garlic. Cook for 5–7 minutes until softened.
- **Simmer:** Add diced tomatoes, chicken stock, sliced sausage, bay leaves, cayenne, and Cajun seasoning. Bring to a boil, then lower heat and simmer for 25–30 minutes.
- **Add Shrimp:** Stir in shrimp and simmer for 5–7 minutes until pink and cooked through.
- **Finish and Serve:** Adjust seasoning with salt, pepper, and hot sauce. Serve over rice and garnish with chopped parsley.