

# Mardi Gras Gumbo with Shrimp and Sausage

This recipe and photos were provided by Sally Roeckell of [Table and Dish](#) and were originally published at [365Barrington.com](#).

## Ingredients

### Roux:

- ½ cup high heat oil, *such as canola, corn, or vegetable*
- ½ cup all-purpose flour

### Gumbo:

- 1 medium onion, diced
- 2 bell peppers (*I used ½ of each red, green, yellow, orange*), diced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 3 stalks celery, diced
- 6 cloves garlic, minced
- 3 bay leaves
- 8 ounces andouille sausage\*
- 2 tablespoons EACH: cajun seasoning AND tabasco sauce (more or less to taste)
- 1 tablespoon cayenne (omit if you want it mild)
- 4 cups low sodium chicken broth
- 1 (14.5 ounce can) stewed tomatoes and juices, roughly diced
- 1 ½ pounds raw shrimp
- 2 teaspoons gumbo filé (a spicy herb powder)
- sliced scallions + white rice or quinoa, for serving



## Method

1. Heat the oil in a large Dutch oven or a heavy bottom pot over medium-high heat.
2. Whisk in the flour until combined and smooth. Switch to a wooden spoon and continuously stir for 15-22 minutes or until the roux darkens to just past a deep peanut butter color. Do not let the roux burn! If you smell it burning, you will need to throw it out, clean the pot, and start over...unfortunately there's just no saving burnt roux!
3. Once the roux reaches that deep rich brown color, stir in the onions, bell peppers, celery, zucchini and squash and continue to cook, stirring as needed so the vegetables don't stick. About 8-10 minutes or until the veggies soften.
4. Add the garlic, andouille sausage\* and bay leaves. Continue to cook for an additional 1-2 minutes until the garlic is nice and fragrant.
5. Add the cajun seasoning, tabasco sauce, and cayenne along with the chicken broth and stewed tomatoes and bring to a high simmer before lowering the heat to medium-low, covering and simmering for 15-20 minutes.
6. Add the shrimp to the gumbo, give it a stir and allow to continue to simmer for an additional 10-15 minutes or until the shrimp is opaque and the veggies have softened. Taste and season with salt and pepper as desired.
7. Add the gumbo filé and stir. Remove bay leaves before serving.

8. You can serve it now or let it continue to simmer on low, stirring occasionally until you are ready to serve. It just gets better with time.
9. **To Serve:** Serve warm with white rice or quinoa with sliced scallions on top.

\*Note: I browned the sausage link in a sautéed pan just to give the exterior a bit of color, then chopped it into bite-sized pieces before adding it to the gumbo to continue to cook.