

Dana's Dish

Sausage, Turkey and Shrimp Gumbo

Ingredients

8 Tablespoons butter, divided
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 celery stalks, chopped
1 large onion, chopped
1 1/2 Tablespoons minced garlic
1/2 cup jarred jalapenos, chopped (optional)
4 cups chicken broth
1/2 teaspoon cayenne pepper, to taste
1 Tablespoon Old Bay seasoning, to taste
2 Tablespoons Worcestershire sauce
1/2 cup chopped flat leaf parsley
2 cups frozen shelled edamame
4-6 Tablespoons flour
salt and pepper to taste
1 pound smoked sausage, sliced
2 cups cooked turkey, shredded
1/2 pound frozen cooked shrimp, thawed, tails removed

Directions

In a large pot or Dutch oven, melt 2 Tablespoons butter over medium heat. Once melted, add bell peppers, celery and onion and cook about 5 minutes, or until softened. Add the garlic and jalapenos for 30 seconds more.

Add the broth, cayenne, Old Bay, Worcestershire sauce, parsley, edamame, salt and pepper. Bring to a boil and then reduce the heat, cover and let simmer.



Meanwhile, add the sliced sausage to a skillet and let brown, stirring. Once browned, remove the sausage with a slotted spoon and add to the broth mixture.

Discard the drippings from the skillet and add the remaining 6 Tablespoons of butter. Once melted, sprinkle in the flour, as much as desired, and whisk to form a roux. Continue cooking about 6-7 minutes, stirring constantly until it becomes a caramel color. Do not let it burn!

Add the roux to the broth mixture and bring to a boil, stirring to combine. Reduce the heat and add the turkey and simmer. Adjust the seasonings to your liking and thickness. At this point, the gumbo is ready to eat, but you can let it simmer for 1-2 hours to let the flavors meld even more, if desired. You could also pour the gumbo into a slow cooker on low heat until ready to eat.

Add the shrimp about 5 minutes before serving so they heat through. If the shrimp is added too soon, they become tough to eat.

Serve with a scoop of cooked white rice or with cooked grits. The recipe is very versatile and can be adjusted to your own liking. Enjoy!

Note: Let me know how this turns out when you make it. Send me an email at info@livingwithdana.com. Thanks!