

Easy Cajun Seafood Gumbo

Ingredients:

12 oz. Shrimp
8 oz. Crab
¼ cup water
¼ cup oil
1 Bell pepper cut into ½" pieces
1 small onion, chopped
1 stalk celery, chopped
1½ cup water
1 – 7 ½ oz. Can tomatoes
¾ teaspoon salt
¼ teaspoon black pepper
½ teaspoon ground red pepper
1 to 2 tablespoons filé powder

In a heavy skillet over medium heat, combine flour and oil to prepare roux. Stir constantly until it turns golden brown (about the time it takes to drink 2 beers).

Add the Trinity (bell pepper, onion and celery) and cook until tender, about 5 minutes.

Add water and canned tomatoes(chopped), salt, black pepper and ground red pepper and bring to a boil.

Add Shrimp and Crab and simmer approximately 5 minutes until Shrimp turn pink.

Remove from heat and stir in 1 to 2 tablespoons filé powder.

Serve with cooked rice.

Ed's secret tip for avoiding soggy rice: After you have ladled the gumbo into bowls, use an ice-cream scoop to place balls of rice on top of the gumbo.