



Yumbo Gumbo



1/8th of recipe (about 1 cup): 133 calories, 1.25g total fat (0g sat. fat), 710mg sodium, 14g carbs, 2.5g fiber, 7g sugars, 17g protein

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Prep: 10 minutes **Cook:** 30 minutes

Cool: 5 minutes



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Ingredients

One 14.5-oz. can stewed tomatoes (not drained)
8 oz. peeled and deveined raw medium shrimp with tails removed
8 oz. white crab meat (about two 6-oz. cans drained)
1 cup Spicy Hot V8 vegetable juice
1 cup frozen cut okra
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/2 cup chopped onion
1 tbsp. cornstarch
2 tsp. Cajun seasoning, or more to taste
1 tsp. Frank's RedHot Original Cayenne Pepper Sauce, or more to taste
black pepper, to taste

Directions

Bring a large pot sprayed with nonstick spray to medium heat. Add bell peppers and onion. Stirring occasionally, cook for about 3 minutes, until tender.

Add tomatoes, V8 juice, and cornstarch. Stir well, making sure cornstarch dissolves completely. Cook until mixture begins to bubble. Add okra, Cajun seasoning, and Frank's RedHot. Stir and bring mixture to a boil.

Reduce heat to low. Cover and let simmer for 10 minutes.

Add shrimp, and continue to simmer until shrimp are cooked through, about 3 - 4 minutes. Add crab meat and 3/4 cup water. Raise heat to medium, and return to a boil.

Remove pot from heat, cover, and let thicken for 5 minutes. Season to taste with black pepper. If you like, add a little more Cajun seasoning and Frank's RedHot. Enjoy!

MAKES 5 SERVINGS

HG FYI: Not all cajun seasonings are gluten free, so read labels carefully if that's a concern.

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