

**SHRIMP GUMBO**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	14 g	5 g	5 g	22 mg	1397 mg	53 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
MARGARINE	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-1/3 oz	3-1/4 cup	
GARLIC POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		4 gal 2 qts	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CELERY,FRESH,CHOPPED	12-2/3 oz	3 cup	1-1/8 lbs
OKRA,FROZEN,CUT	2-1/2 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
RICE,LONG GRAIN	1 lbs	2-3/8 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	5 each	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
SHRIMP,RAW,PEELED,DEVEINED,CHOPPED	3 lbs		

**Method**

- 1 Saute onions in margarine or butter until tender.
- 2 Blend flour with onion-fat mixture to form a roux using wire whip; add garlic powder.
- 3 Prepare broth according to package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat.
- 4 Add tomatoes, celery, okra, peppers, rice, bay leaves, paprika, pepper, and thyme; mix well.
- 5 Bring to a boil; reduce heat; simmer 27 minutes. Add raw, peeled, deveined shrimp cut into quarters. Boil an additional 2 to 3 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.