

"Ed & Sue's Gumbo"

In one cup of olive oil saute;

3 lbs. onions, diced

2 lbs. bell peppers (six cups diced)

2 lbs. okra, chopped

Add;

1 cup roux

2-3 lb. 1 oz. cans chicken broth

2-6 lb. 6 oz. cans diced tomatoes

4 oz garlic

1 cup bay leaves

2 oz. hot sauce

1/4 cup celery seed

5 oz. Louisiana Crab Boil

Simmer above for 1 hour



Last 30 minutes add;

10 lbs. raw shrimp 2 lbs. crab claws 2 lbs. crab claw meat

Ed & Sue Distin

"Fantasea"