

Yumbo Gumbo

Servings 2: 1 Serving = 1 Complete Lean & Green Meal | 3 Condiments

350 Cal | 59g Protein | 15g Carbs | 4g Fat

Ingredients

Cooking Spray

1 Small Red Bell Pepper, chopped

1 Small Green Bell Pepper, chopped

¼ Cup Diced Onion

1 Cup Diced Tomatoes

½ Cup (4 OZ) Low-Sodium Tomato Juice

½ TSP Hot Sauce

½ Cup Okra

½ Cup Water

1 TSP Cajun Seasoning

10 OZ Peeled, Deveined Shrimp, raw

Instructions

1. Heat a large skillet or medium pot over medium high heat. Lightly grease with cooking spray
2. Sauté the bell peppers and onion for about 3 minutes, stirring occasionally.
3. Add the tomatoes, tomato juice, and hot sauce. Stir for an additional one to two minutes
4. Mix in the okra, water, and cajun seasoning. Continue to stir.
5. Reduce the heat to low, then cover and simmer about 10-15 minutes.
6. Turn the heat back to medium-high, and add in the shrimp. Continue to cook until shrimp is pearly and opaque.
7. Add the crabmeat and continue to stir
8. Remove the pot from the burner and let sit about five minutes to allow the sauce to thicken