

Big Easy Gumbo with Andouille and Shrimp

Classic New Orleans Gumbo sounds intimidating, but it's a breeze. We're cooking it up this week with Andouille sausage, shrimp, black eyed peas and okra with just the right mix of Cajun seasonings.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan with Lid
Large Skillet with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Andouille Sausage
Shrimp
Rice
Mirepoix, Okra & Black-Eyed Peas
Spiced Tomatoes
Gumbo Seasoning

Make the Meal Your Own

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of rice, reducing the **carbs to 44g per serving**. In step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Wipe out the skillet and use it for step 3.

Love spicy? Add additional cayenne pepper for an extra kick

Good to Know

Gumbo was first served in 1803 at a gubernatorial reception in New Orleans and it is derived from the West African word for okra. It is thought of by many as the original "melting-pot" dish.

Health snapshot per serving – 610 Calories, 10g Fat, 8g Fiber, 80g Carbs, 45g Protein and 17 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Andouille Sausage, Shrimp, White Rice, Green Pepper, Celery, Okra, Black Eyed Peas, Tomato, Chicken Broth, Gumbo Seasoning, Garlic, Cayenne Pepper, Black Pepper, herbs and spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

Cut **Andouille Sausage** link(s) lengthwise in half and then into ¼ inch slices (each slice should be a half-moon) and set aside.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes until desired tenderness. Drain and return to the saucepan. Cover and set aside.

3. Cook the Veggies

While the rice is cooking, heat 1 tablespoon olive oil in a large skillet on medium-high heat. Add the **Mirepoix, Okra & Black-Eyed Peas** and sauté until onions are translucent and vegetables have softened slightly, about 6 to 7 minutes.

4. Make the Gumbo

Add the **Spiced Tomatoes**, and **Gumbo Seasoning** to the pan. Stir continuously for one minute and then add 1¼ cup of water and the sliced Andouille sausage. Bring to boil and then reduce heat to low, cover, and simmer for 10 minutes.

5. Add the Shrimp

After the gumbo has been simmering for 10 minutes (step #4), stir in the **Shrimp**, cover and simmer for another 5 minutes (15 minutes total simmer time, only the last 5 minutes include the shrimp).

6. Finish and serve

Place rice in a bowl, cover with the gumbo and enjoy!

We cook our rice like pasta, so you just need enough water to make sure rice is completely covered.

This dish will develop even richer flavors the longer it simmers. Just be sure to hold back the shrimp and add only to cook them for the last five minutes so they don't dry out.