

Chicken and Shrimp Gumbo

MAKES 4 SERVINGS

- 1 tablespoon canola oil
- 2 garlic cloves minced
- 1 scallion chopped
- 2 celery ribs, diced
- 1 small green bell pepper, seeds and membranes removed diced
- 1 ½ cups diced tomato (canned or fresh)
- 2 cups water
- ¼ tsp cayenne
- 1/1/2 cups chopped okra
- 1 lbs boneless, skinless chicken thighs, cut into bite size pieces
- 2 cups cauliflower rice
- ¾ lb peeled and deveined shrimp
- ¼ tsp each salt and pepper

- 1) Heat oil in a large pot and add the garlic, scallions, celery and bell pepper, cook until translucent.
- 2) Add the tomatoes, water, thyme, bay leaf, and cayenne; simmer for 15 mins
- 3) Add the okra and chicken and continue to simmer until tender about 7-10 mins
- 4) Add the cauliflower and shrimp and simmer for 3 mins or until shrimp is cooked through. If gumbo is too thick, add water as desired. Season with salt and pepper and serve hot