

Creole Gumbo (enjoy with shrimp or chicken)

Makes 1 serving (1 protein, 1 vegetable)
24 grams protein
2 grams fat
210 calories

Ingredients

- 100 grams shrimp or 1 **Chicken Sausage** recipe (under chicken recipes on our site)
- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- 1½ cups tomatoes, chopped
- 2 tablespoons tomato paste
- 2 tablespoons green or white onion
- 2 cloves of garlic, crushed and minced
- 2 tablespoons apple cider vinegar
- Dash of Worcestershire sauce
- Liquid smoke hickory smoke flavouring to taste
- Cayenne pepper to taste
- Sea salt and pepper to taste

PHASE 3 MODIFICATION:

Add additional mixed protein ingredients like crab, chicken, or sausage. Add additional vegetables such as okra, celery, and bell pepper. Enjoy with a dollop of sour cream.

Directions

1. Fry shrimp or chicken sausage in a saucepan with onions.
2. Add tomato paste, tomatoes, and broth. Mix well.
3. Add the spices and vinegar.
4. Simmer for 20-30 minutes.
5. Serve hot and garnish with fresh parsley.

