

## Crab Gumbo



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

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### Recipe:

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1 garlic clove, shredded, use Cone #1  
3 cups  
low-fat, low-sodium chicken stock  
(700  
ml)  
2 medium tomatoes, peeled and chopped  
 $\frac{1}{8}$  teaspoon  
celery powder (ground celery seed)  
(0.6  
mL)  
 $\frac{1}{8}$  teaspoon  
dried thyme, crumbled  
(0.6  
mL)  
 $\frac{1}{8}$  teaspoon  
hot pepper sauce  
(0.6  
mL)  
1 cup  
frozen sliced okra  
(110  
g)  
6 ounces  
crab meat, canned  
(170  
g)  
 $\frac{1}{2}$  cup  
diced turkey ham  
(69  
g)  
2 cups  
cooked rice  
(348  
g)

### Directions:

1. Preheat pan on medium heat. When several drops of water sprinkled on pan skitter and dissipate, add peppers, onions and garlic. Sauté approximately 3 minutes.
2. Stir in chicken stock, tomatoes, celery powder, thyme and hot

pepper sauce and bring to a simmer over medium heat. Stir in okra.

3. Cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook for 10 minutes or until okra is tender.
4. Meanwhile, drain, flake and remove cartilage from crab meat.
5. Increase heat to medium and stir in crab meat and turkey ham. Heat through.
6. Serve over hot rice in soup bowl.

#### Tips:

- Gumbo may also be served over rice-shaped pasta called orzo, which cooks in about half the time of rice. Simply bring water or chicken stock in pan to a boil over medium heat and cook according to package directions. Drain and use in place of rice with gumbo.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 232  
**Total Fat:** 3g  
**Saturated Fat:** 1g  
**Cholesterol:** 48mg  
**Sodium:** 486mg  
**Total** 32g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 5g  
**Protein:** 19g