

## Handy-Dandy Shopping List – Shrimp & Andouille Sausage Gumbo

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

Shrimp + Shells for stock (1 ½ pounds shrimp for the gumbo, shells from 3 pounds shrimp for stock)  
Andouille Sausage (¾ - 1 pound) – or other smoked sausage  
Crab Claw Meat (8 ounces)

Okra - frozen is fine  
2 Onions (1 large for gumbo, 1 small for stock)  
1 Carrot  
5 Ribs of Celery (4 for gumbo, 1 for stock)  
1 Green Bell Pepper  
1 Red Bell Pepper  
4-5 Cloves Garlic  
1-2 Green Onions – chopped for garnish

¾ cup Canola Oil (or other light vegetable oil)  
¾ cup Flour

½ cup Dry White Wine

1 teaspoon Dried Oregano  
1 teaspoon Dried Thyme  
1 Tablespoon Cayenne Pepper  
Dried Bay Leaves  
2 teaspoons File' Powder – found in the spice section sometimes near other Cajun seasoning blends  
Salt & Pepper