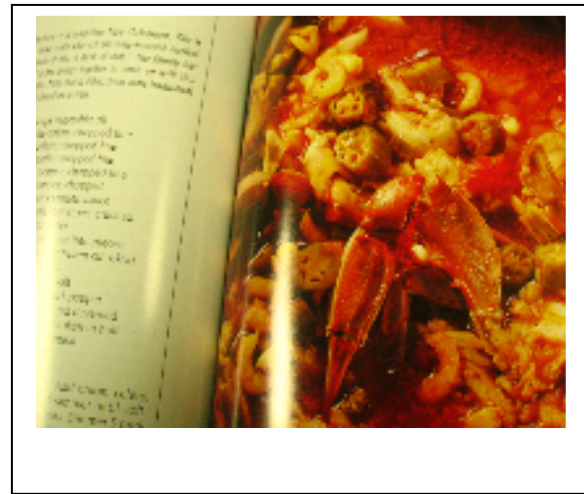


Jackson Family Crab and Shrimp Gumbo

- 1 ¼ cups vegetable oil
- 1 large white onion, chopped fine
- 2 stalks celery, chopped fine
- 6 cloves garlic, chopped fine
- ½ green bell pepper, chopped fine
- 4 sprigs parsley, chopped
- 2, 8-ounce cans of tomato sauce
- 1, 8-ounce can whole tomatoes, crushed
- 2 cups water
- 1 ½ pounds fresh okra, cut into pieces
(or 2, 10 ½ ounce packages frozen cut okra)
- 2 bay leaves
- 1 ½ teaspoons salt
- 1 teaspoon ground black pepper
- 4 pounds shrimp, peeled and deigned
- 4 cooked hard-shell crabs, broken in half
- ½ pound lump crabmeat
- Cooked rice



Heat oil in a large heavy saucepan. Add onion, celery, garlic, bell pepper and parsley and simmer until soft. Add tomato sauce and whole tomatoes. Simmer 5 minutes. Add okra, bay leaves, salt and pepper, stirring to mix well. Add shrimp and hard shell crabs, cover, and cook over low heat until shrimp and okra are tender. Remove from heat and keep covered.

When ready to serve, add lump crabmeat and heat over low heat just until warmed through. Serve over boiled rice.

