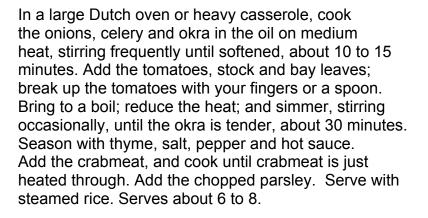
CRAB-AND-OKRA GUMBO

This gumbo can be prepared, from start to finish, in less than an hour. Cooking okra in oil before adding liquid eliminates the sliminess that some people find unpleasant. Because this recipe does not include flour, it is a good choice for those on gluten-free diets.

1/4 cup vegetable oil
2 medium onions, chopped
2 stalks celery, chopped
1 pound okra, sliced
1 28-ounce can whole tomatoes
6 cups chicken stock or broth
2 bay leaves
1 teaspoon dried thyme leaves
Coarse salt and freshly ground black pepper to taste
Hot sauce to taste
1 pound claw crabmeat
1 pound lump crabmeat
1/4 cup chopped parsley
Steamed rice





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