Rex Beef and Shrimp Gumbo

Servings 8 / Prep time 20 minutes/ Cook time 60 minutes total

# Ingredients

* 2 pounds beef roast
* 36oz beef stock plus ½ cup for roast beef pressure cooker.
* 1/2 cup canola oil
* 1/2 cup all-purpose flour
* 1 Rex Cajun Trinity w/garlic 2.26oz
* 2 teaspoons dried thyme leaves
* 2 tablespoons Rex hot pepper sauce
* 2 tablespoons Worcestershire sauce
* 1 tablespoon tomato paste
* 1 lb Shrimp (deveined and shelled)
* 2 tablespoon Rex Creole seasoning
* 8 cups prepared white rice

# Directions

1. Brown all sides of beef roast in 6-quart pressure cooker using sauté or browning setting, as desired. Add 1/2 cup stock to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer.
2. Meanwhile, heat oil in large heavy-bottom stock pot over medium-high heat until pot is almost smoking. Slowly whisk in flour until combined. Cook 2 to 3 minutes, whisking continuously until it turns dark brown color., Add Rex hot sauce, Worcestershire and tomato paste; cook 1 to 2 minutes. Whisk in remaining quart of stock; bring to a boil. Add Rex Cajun trinity, Rex Creole seasoning and thyme. Reduce heat to medium, simmer 30 minutes. Add 1 lb. of rinsed shrimp in last 5 minutes of simmer. Plan on having completed by the time the roast is done.
3. Use quick-release feature to release pressure; carefully remove lid. Remove beef from pressure cooker; discard cooking liquid. Shred beef into bite-sized pieces. Add beef to shrimp gravy mixture; stir to combine. Serve Gumbo with rice, onion, okra and jalapeños, as desired.