



## Tracy's Slow Cooker Gumbo

You Will Need:

- 1 1/2 pounds raw large shrimp, peeled & deveined
- One pound andouille Sausage, sliced ( Or Hot Italian)
- One pound Smoke Sausage (farmers)
- 1 tin diced tomatoes ( with the juice)
- 4 cups seafood broth or chicken broth
- 1 large Red onion, finely chopped
- 1 Lg Carrot diced
- 1 1/2 Cups of Sliced Okra
- 2 medium Sweet bell peppers, Diced (Red and Green or Yellow)

- 2 ribs celery, Diced
- 2 tablespoons minced garlic cloves
- 2 bay leaves
- 3-4 tablespoons of Tracy's Cajun Seasoning ( you can add more later if you desire)

### Cajun Seasoning

- 6 tablespoons Smoked paprika
- 1 ½ tablespoon salt ( I like the lower sodium content, if you want NONE simply omit the Salt)
- 2 tablespoon Black pepper
- 2 tablespoon Onion powder
- 2 tablespoon Garlic powder
- 2 tablespoon dried Oregano
- 2 tablespoon dried Thyme
- 3 teaspoon Cayenne pepper (if you prefer less heat reduce to 1 or 2 tsp)

Mix together all of your spices in a bowl, or shake them up in a ziplock bag! Just make sure they're all evenly blended together. Or you can put it all in a spice grinder and blend well. Store in an airtight container, out of direct sunlight, to enjoy for up to 1 year.

### ADD to the Slow Cooker

Add the bay leaves, vegetables, sausage, tomatoes and the stock to your crock pot. Set the temp medium high. Sprinkle with ½ of the Cajun Seasoning. Stire Cover and allow to cook for 4 hrs. Reduce the temperature to low, and add the remainder of the Cajun seasoning, Cover and cook on low for another 2 hrs. Remove the bay leaves.

20 mins before serving, Toss in the shrimp and cover, cook until they are full opaque (no longer translucent) Season with Salt and Pepper to taste.

Serves 8.

Serve over White rice with a Nice CHONK of Corn bread!

