

Shrimp Crab Okra Gumbo

Revised 11-25-25

Dianna Phillips, granddaughter*

*Relation to Andy and/or Flora Lehr

Ingredients

Onions	5
Bell peppers	2
Garlic	6 cloves
Green onions	1 bunch
Water	6 quarts
Flour	6 Tablespoons
Oil	6 Tablespoons
Okra (cut)	2 ½ pounds
Salt	to taste
Pepper	to taste
Garlic salt	to taste
Cayenne pepper	to taste
Shrimp (headless)	6 pounds
Crabs (gumbo)	6 pounds
Gumbo file'	

Directions

1. Quarter onions
2. Chop bell peppers
3. Chop garlic cloves
4. Chop green onions
5. In large pot, boil vegetables until the vegetables settle to the bottom.
6. In another pot, make a dark brown roux, stirring constantly
7. Fry okra in a small amount of grease and salt until okra is soft (avoid sticking)
8. Stir okra into gumbo. Season to taste. Allow to cook for 3 hours. Seasoning will weaken during prolonged cooking, so season periodically.
9. Peel and devein shrimp
10. Discard feelers from crabs and use claws and body (cut body in half)
11. Add shrimp and sectioned crabs to gumbo and cook for additional 30 minutes

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12. Serve over rice

13. Add small amount of File' to each serving

Serves approximately 20.