Shrimp Gumbo with Brown Rice
Serves 8. Total time 40 minutes.

Shrimp Gumbo with Brown Rice
This simple recipe yields 8 servings so you can freeze the leftovers for another day.

- 4-½ cups water
- 2 cups uncooked long grain brown rice
- 1 T. olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 46 oz. can low-sodium tomato juice
- 1 tsp. seafood seasoning (such as Old Bay®)
- ¼ tsp. crushed red pepper, optional
- 16 oz. package frozen chopped okra, thawed
- 16 oz. package corn, thawed
- 1 pound shrimp, peeled and deveined
- 28 oz. can no salt added diced tomatoes
- fresh parsley to garnish, optional

Directions:
1. In a medium saucepan, bring water to a boil over high heat. Add rice, lower heat to medium, cover, and simmer 30-40 minutes until rice is firm but tender.
2. Warm olive oil in another large pot over medium-high heat. Add onion; sauté 5 minutes. Add garlic, sauté 1 minute. Add tomato juice, tomatoes, and seasoning. Bring to a boil over high heat, lower heat to medium, and simmer uncovered 10 minutes. Add corn and okra; cook 5 minutes. Add shrimp; cook until pink about3 minutes.
3. To serve, spoon 1 cup of brown rice into each soup bowl. Top with gumbo and chopped parsley. Yield 8 servings.

Nutrition information (per 1/8 recipe):  383 calories, 22 g protein, 4 g fat, <1 g saturated fat, 67 g carbohydrate, 6 g fiber, 86 mg cholesterol, 372 mg sodium

1 serving equals: 2 whole grain, 0.5 protein, 3 vegetable, 0.5 fat
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Shopping List

Produce Section
- 1 medium onion, chopped
- 3 garlic cloves, chopped
- fresh parsley to garnish, optional

Dry Goods Section
- 46 oz. can low-sodium tomato juice (see tip #1)
- 28 oz. can no salt added diced tomatoes
- 2 cups long grain brown rice (see tip #2)
- 1 T. olive oil
- 1 tsp. seafood seasoning (such as Old Bay®)
- ½ tsp. crushed red pepper, optional

Seafood Section
- 1 pound shrimp, peeled and deveined

Freezer Section
- 16 oz. package frozen chopped okra
- 16 oz. package corn

Smart Shopper Tip #1:
Since canned tomatoes and tomato juice can be very high in sodium, choose "low sodium" or "no salt added varieties."

Smart Shopper Tip #2:
To speed up cooking time, look for quick cook whole grain brown rice. Check the label for at least 2 grams of fiber per serving.