

Healthier Slow Cooker Gumbo

Savannah · 30/09/2024



Prep Time

6 hrs 45 mins

Difficult

Medium

Servings

10

Description

Packed with veggies this healthier slow cooker gumbo is easy to throw together before a party so you have plenty of time with your guests

Ingredients

- - 1/2 cup all-purpose flour - 1 tablespoon vegetable oil - 2 green bell peppers
- chopped - 1 large onion
- chopped - 3 cloves garlic
- minced - 1/2 pound chicken andouille sausage
- quartered lengthwise and sliced - 2 (14.5 ounce) cans no-salt-added diced tomatoes - 1 (10.75 ounce) can reduced-sodium chicken broth - 1 tablespoon salt-free Cajun seasoning - 1/4 teaspoon salt - 1/4 teaspoon ground black pepper
- or more to taste - 1/2 pound uncooked medium shrimp
- peeled and deveined - 5 cups frozen riced cauliflower - 2 sprigs chopped fresh parsley
- or to taste

Instructions

1. Heat a large skillet over medium heat. Add flour; cook
2. stirring constantly
3. until flour is deep golden and smells toasty
4. 7 to 10 minutes. Reduce heat if browning too quickly. Transfer to a 6-quart slow cooker. Add oil
5. bell peppers
6. onion
7. and garlic to the skillet; cook and stir until tender
8. 5 to 7 minutes. Stir into slow cooker until coated. Stir in sausage
9. tomatoes
10. broth
11. Cajun seasoning
12. salt
13. and black pepper. Cook on Low for 6 to 7 hours or on High for 3 to 3 1/2 hours. Stir in shrimp; cook until opaque
14. about 30 minutes on Low or 15 minutes on High. Meanwhile
15. place riced cauliflower in a heatproof dish
16. cover
17. and microwave until heated through
18. about 4 minutes
19. stirring halfway through. Serve gumbo over cauliflower. Sprinkle with parsley and additional black pepper.