

Shrimp Gumbo

1 c. green pepper, chopped
1 c. celery, chopped
1 c. onion, chopped
2 cloves garlic, minced
 $\frac{1}{4}$ c. vegetable oil
2 (10 $\frac{1}{2}$ oz.) cans ready to serve beef broth
1 (14 $\frac{1}{2}$ oz.) can tomatoes, undrained and chopped
1 tsp. Salt
 $\frac{1}{2}$ tsp. Dried whole oregano
 $\frac{1}{2}$ tsp. Dried whole thyme
 $\frac{1}{2}$ tsp. Red pepper
1 bay leaf
1 $\frac{1}{2}$ lbs. Small shrimp, shelled and deveined
1 (10 oz.) pkg. Frozen sliced okra, thawed
hot cooked rice

Saute first 4 ingredients in hot oil in a dutch oven until tender. Stir in broth and next 6 ingredients; bring to a boil. Cover, reduce heat and simmer 30 minutes, stirring occasionally. Add shrimp to gumbo and simmer 10 minutes. Stir in okra; cook an additional 5 minutes. Remove bay leaf. Serve over rice.