

## Shrimp Gumbo

1 c. green pepper, chopped  
1 c. celery, chopped  
1 c. onion, chopped  
2 cloves garlic, minced  
¼ c. vegetable oil  
2 (10 ½ oz.) cans ready to serve beef broth  
1 (14 ½ oz.) can tomatoes, undrained and chopped  
1 tsp. Salt  
½ tsp. Dried whole oregano  
½ tsp. Dried whole thyme  
½ tsp. Red pepper  
1 bay leaf  
1 ½ 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.