

## Gumbo (Edith Haarala - Bogalusa)

- 2 large onions, chopped
- 1 pound stew meat (large pieces)
- 1 small slice of ham (cut in large pieces)
- 2 heaping cooking spoonfuls shortening and flour
- 1 large can tomatoes
- 1 can tomato paste
- 1 - 2 pounds okra, sliced
- 2 pounds peeled raw shrimp
- 1 dozen crabs, cleaned and 1/2'd (small lake crabs)
- 1 pound frozen crab meat
- 1 pint oysters
- 3 quarts water
- salt and pepper to taste

Brown meat and ham in shortening. Add onions, brown slightly. Add flour, brown heavily. Add all water. When it boils, add tomatoes and tomato paste. Cook 30 minutes, then add crab and okra. Cook 20 - 30 minutes. After this, add shrimp, oysters and 1/2 teaspoon Crab boil. Continue to cook 1 - 2 hours. Stir, add water as necessary.