

## Classic Cajun Beef Gumbo

Try this stew with all the flavors of New Orleans. Beef Shank Cross-Cut and Smoked Beef Sausage are the stars of our take on this classic dish.

## **INGREDIENTS**

- 2 pounds beef Shank Cross-Cut
- $1 \operatorname{quart} + 1/2 \operatorname{cup} \operatorname{beef} \operatorname{stock}$
- 1/2 cup canola oil
- 1/2 cup all-purpose flour
- 1 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced green bell pepper
- 2 tablespoons minced garlic
- 2 teaspoons dried thyme leaves
- 2 tablespoons hot pepper sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon tomato paste
- 1 package (12 ounces) smoked beef sausage, sliced
- 2 tablespoons Creole Seasoning
- Hot cooked rice, sliced green onion, sliced pickled okra, sliced
- pickled jalapeño (optional)

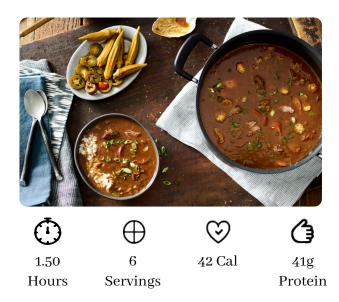
## COOKING

1. Brown all sides of beef Shank Cross-Cut in 6-quart pressure cooker using sauté or browning setting, as desired. Add 1/2 cup stock to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 40 minutes on pressure cooker timer.

2. Meanwhile, heat oil in large heavy-bottom stock pot over medium-high heat until pot is almost smoking. Slowly whisk in flour until combined. Cook 2 to 3 minutes, whisking continuously until it turns a milk chocolate color. Reduce heat to medium; slowly add onions as oil mixture may splatter. Cook 1 to 2 minutes until oil mixture turns dark chocolate color. Add celery, bell pepper, garlic and thyme; cook 4 to 6 until vegetables are soft. Add hot sauce, Worcestershire and tomato paste; cook 1 to 2 minutes. Whisk in remaining quart of stock;

bring to a boil. Reduce heat to medium, add sausage and Creole Seasoning; simmer 30 minutes.

3. Use quick-release feature to release pressure; carefully remove lid. Remove beef from pressure cooker; discard cooking liquid. Shred beef into bite-sized pieces. Add beef to vegetable mixture; stir to combine. Serve Gumbo with rice, onion, okra and jalapeños, as desired.



## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL	
6		38g	101mg		19g	41g	1	0	

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com