

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 quart + 1/2 cup beef 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)



1.50
Hours



6
Servings



42 Cal




41g
Protein

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		
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