



Yumbo Gumbo



1/8th of recipe (about 1 cup): 133 calories, 1.25g total fat (0g sat. fat), 710mg sodium, 14g carbs, 2.5g fiber, 7g sugars, 17g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 30 minutes

Cool: 5 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#), [5 Ingredients or Less](#)

Ingredients

One 14.5-oz. can stewed tomatoes (not drained)
8 oz. peeled and deveined raw medium shrimp with tails removed
8 oz. white crab meat (about two 6-oz. cans drained)
1 cup Spicy Hot V8 vegetable juice
1 cup frozen cut okra
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/2 cup chopped onion
1 tbsp. cornstarch
2 tsp. Cajun seasoning, or more to taste
1 tsp. Frank's RedHot Original Cayenne Pepper Sauce, or more to taste
black pepper, to taste

Directions

Bring a large pot sprayed with nonstick spray to medium heat. Add bell peppers and onion. Stirring occasionally, cook for about 3 minutes, until tender.

Add tomatoes, V8 juice, and cornstarch. Stir well, making sure cornstarch dissolves completely. Cook until mixture begins to bubble. Add okra, Cajun seasoning, and Frank's RedHot. Stir and bring mixture to a boil.

Reduce heat to low. Cover and let simmer for 10 minutes.

Add shrimp, and continue to simmer until shrimp are cooked through, about 3 - 4 minutes. Add crab meat and 3/4 cup water. Raise heat to medium, and return to a boil.

Remove pot from heat, cover, and let thicken for 5 minutes. Season to taste with black pepper. If you like, add a little more Cajun seasoning and Frank's RedHot. Enjoy!

MAKES 5 SERVINGS

HG FYI: Not all cajun seasonings are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

