

Blood Sugar-Friendly Seafood Gumbo with Brown Rice

A Louisiana classic reimaged for glycemic control, featuring succulent shrimp and crab in a rich, vegetable-packed roux that won't spike your blood sugar.

Prep: 20 min

Cook: 55 min

Total: 75 min

Servings: 8

GL 9.8 / GI 40

Ingredients

Heart-healthy oil for roux base canola oil

Lower GI alternative to all-purpose flour whole wheat flour

Part of the Creole holy trinity yellow onions, chopped

Adds fiber and minimal carbs celery, chopped

Low-carb vegetable with vitamin C green bell pepper, chopped

Fresh tomatoes have lower GI than canned fresh tomatoes, chopped

Soluble fiber helps regulate blood sugar okra, fresh or frozen

Check for no added sugar Creole seasoning blend

Minimal glycemic impact with health benefits garlic cloves, minced

Choose low-sodium for better blood pressure control fish stock, low-sodium

Aromatic herb, no glycemic impact bay leaves

High-quality protein with zero carbs large shrimp, peeled and deveined

Adds depth without carbs smoked paprika

Lean protein source, check for added ingredients lump crab meat

Lower GI than white rice, higher fiber cooked brown rice

Nutrient-dense garnish with no glycemic impact fresh parsley, chopped

Instructions

Step 1

Prepare all ingredients before beginning: chop vegetables into uniform pieces, measure seasonings, have shrimp peeled and ready, and drain crab meat. This mise en place is essential since the roux requires constant attention and cannot be left unattended.

Step 2

Create the roux foundation by heating canola oil in a large, heavy-bottomed pot over medium heat. Gradually whisk in whole wheat flour, stirring constantly in a figure-eight motion. Continue cooking and whisking without stopping for 12-15 minutes until the mixture reaches a rich milk chocolate color. Watch carefully to prevent burning, which would require starting over.

Step 3

Once the roux reaches the proper color, immediately add the chopped onions, celery, and green bell pepper (the holy trinity). Stir continuously for 5-6 minutes until vegetables soften and release their moisture. Add the minced garlic, Creole seasoning, chopped tomatoes, and okra, cooking for another 3 minutes while stirring to distribute the roux evenly.

Step 4

Pour in the fish stock gradually while stirring to prevent lumps from forming. Add bay leaves, salt, and black pepper. Increase heat to medium-high and bring the mixture to a gentle boil. Once boiling, reduce heat to low and let simmer uncovered for 30 minutes, stirring occasionally. The gumbo will thicken as the okra releases its natural mucilage and the flavors meld together.

Step 5

While the gumbo base simmers, season the shrimp by sprinkling them evenly with smoked paprika. Set aside. During the last 5 minutes of simmering, taste the gumbo and adjust seasoning if needed, keeping in mind that the seafood will add its own briny flavor.

Step 6

Add the crab meat and paprika-seasoned shrimp to the simmering gumbo. Stir gently to avoid breaking up the crab lumps. Cook for 5-7 minutes until the shrimp turn pink and opaque throughout and are just cooked through. Remove bay leaves and discard.

Step 7

To serve in a blood sugar-friendly way, place approximately 1/4 cup of cooked brown rice in each warmed bowl (this portion size is optimal for glycemic control). Ladle the seafood gumbo generously over the rice, ensuring each serving gets plenty of shrimp and crab. Garnish with fresh chopped parsley. For best glycemic control, encourage diners to eat the seafood and vegetables first, then finish with the rice. Offer hot sauce on the side for those who prefer extra heat.