**Ingredients:**

1 cup sliced okra (or 8 oz. package frozen okra)

1/3 large onion, chopped

8-12 oz. uncooked crab meat, crab claws, or 6 “gumbo” crabs\*\* (Do NOT use imitation crab meat. This will destroy the flavor; if you do not like crab, substitute shredded rotisserie chicken.)

2 Roma tomatoes (or 2 small tomatoes), chopped

2 tsp. salt

½ tsp. ground black pepper

¼ tsp. ground red pepper (optional)

1 tsp. rosemary (crumbled, if dried, or chopped if fresh)

1 Tbsp. white rice

32 oz. chicken broth

24 oz. water

**Instructions:**

1. Slice ends off of each piece of okra, and discard. Slice okra into ½ inch slices. (If using frozen okra, skip this step.)

2. Use 1/3 of a large onion and chop. Use any onion of your choice. The color and kind does not matter. \*Tip: You can save the remaining onion for another use. Leave the root base and skin on the leftover onion when you cut what you need. Then, wrap the remaining onion loosely in a paper towel. Place the paper towel wrapped onion in an open, loose sandwich baggie in your refrigerator.

3. Chop the tomatoes.

4. Chop rosemary, if using fresh.

5. Place the chicken broth, okra, onion, and tomatoes in a large 4-quart pot.

6. Add black pepper, red pepper (optional), salt, rice, chicken broth, and water. Add rosemary. If the rosemary is dried, crumble it into the pot when adding.

7. Cover and cook on medium heat until it comes to a boil. Lower heat, vent the cover so steam can get out, and simmer for about an hour, stirring periodically.

\*\*”Gumbo” crabs are slightly smaller crabs that come “cleaned” (no eyes, no messy innards). If you can’t find these, you can use fresh crabs, too. Of course, you can also use crab meat or crab claws.