

Shrimp Etouffee

Chef Scott - Aldi Test Kitchen
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Servings: 10

CAJUN SEASONING

1/4 cup salt
1/4 cup chili powder
1/4 cup paprika
1/4 cup garlic powder
1/4 cup black pepper
2 tablespoons onion powder
2 tablespoons oregano
2 tablespoons parsley flakes
ETOUFFEE
5 tablespoons butter
5 tablespoons all-purpose flour
3 cups vegetable stock
2 medium white onions, diced
2 tablespoons minced garlic
2 green bell peppers, diced
2 stalks celery, diced
1 can (14.5 ounce) diced tomatoes
2 bags (16 ounce ea) jumbo easy peel raw shrimp
hot sauce (to taste)
1/2 cup green onions` sliced

Preparation Time: 10 minutes

Cook Time: 2 hours

In a small bowl, combine all of the cajun seasoning ingredients. Reserve.

In a large pan over low heat, melt the butter. Stir in the flour. Cook until the roux is the color of peanut butter.

Whisk in the vegetable stock until fully incorporated. Season with four teaspoons of the Cajun seasoning. Then stir in the onions, garlic, bell peppers and celery. Cover and simmer, stirring occasionally, to prevent the roux from sticking to the bottom of the pan.

Continue cooking until the vegetables are tender, about one hour and 15 minutes. Stir in the tomatoes and simmer for another 30 minutes.

Rinse the shrimp under cold water. Drain thoroughly. In a large bowl, toss the shrimp in five teaspoons of Cajun seasoning until evenly coated.

Stir the shrimp into the sauce. Simmer for an additional 10 minutes. Season to taste with hot sauce.

Serve immediately over rice, if desired. Garnish with green onions.

TIP:

You can store any leftover Cajun seasoning for up to six months.

Per Serving (excluding unknown items): 178 Calories; 8g Fat (38.1% calories from fat); 5g Protein; 25g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 3149mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.