

Slow Cooker Spicy Green Tomato Creole Stew

ReynoldsKitchens.com
Food Network Magazine

Servings: 7

12 ounces andouille sausage, sliced
4 large green heirloom tomatoes, diced
2 stalks celery, diced
1 green bell pepper, diced
1 yellow onion, diced
1 bunch scallions (white and green parts separated), chopped
2 tablespoons tomato paste
2 tablespoons all-purpose flour
1/2 teaspoon granulated garlic
1/2 teaspoon cayenne pepper
Kosher salt (to taste)
freshly ground pepper (to taste)
1 bay leaf
1/2 teaspoon Cajun seasoning
8 ounces medium shrimp, shells removed
cooked rice

Place a Reynolds Slow-Cooker Liner inside a 5 to 6-1/2 quart slow cooker bowl. Then fold the liner over the top.

Add the sausage, tomatoes, celery, green pepper, onion and scallion white pieces.

In a bowl, whisk the tomato paste, flour, garlic, cayenne, salt, pepper and 1/2 cup of water. Add to the slow cooker with a bay leaf. Toss to coat.

Cover and cook until the vegetables are tender and the stew thickens, five hours on HIGH or eight hours on LOW.

Season the shrimp with the Cajun seasoning, salt and pepper. Submerge in the broth until the shrimp turn pink and are cooked through, about 5 minutes.

Stir in the scallion green pieces. Serve over rice.

Per Serving (excluding unknown items): 60 Calories; 1g Fat (10.3% calories from fat); 7g Protein; 6g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 111mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):

60

Vitamin B6 (mg):

.1mg

| | |
|--------------------------------|----------|
| % Calories from Fat: | 10.3% |
| % Calories from Carbohydrates: | 40.5% |
| % Calories from Protein: | 49.2% |
| Total Fat (g): | 1g |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 49mg |
| Carbohydrate (g): | 6g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 7g |
| Sodium (mg): | 111mg |
| Potassium (mg): | 199mg |
| Calcium (mg): | 29mg |
| Iron (mg): | 1mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 20mg |
| Vitamin A (i.u.): | 349IU |
| Vitamin A (r.e.): | 46 1/2RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | .3mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 16mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 1 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 60 Calories from Fat: 6

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 1g | 1% |
| Saturated Fat | trace | 0% |
| Cholesterol | 49mg | 16% |
| Sodium | 111mg | 5% |
| Total Carbohydrates | 6g | 2% |
| Dietary Fiber | 1g | 4% |
| Protein | 7g | |
| Vitamin A | | 7% |
| Vitamin C | | 33% |
| Calcium | | 3% |
| Iron | | 6% |

* Percent Daily Values are based on a 2000 calorie diet.