

Shrimp Creole with Cajun180 Seasoning

INGREDIENTS

- 3 pounds 31/35 count Gulf shrimp or smaller
- 2 tablespoons Cajun 180 Trinity seasoning
- 2 tablespoons unsalted butter
- 1 cup onions, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh thyme
- 1 tablespoon Cajun 180 La Cajun Gold seasoning
- 1/2 teaspoon hot sauce
- One 6-oz. can tomato paste
- One 8-oz. can tomato sauce
- One 14-oz. can diced tomatoes, drained
- 1 cup ketchup
- 2 cups chicken broth
- 1 lemon, sliced
- 2 bay leaves
- 1/4 cup minced green onions
- 1/4 cup minced parsley
- 8 cups cooked rice

DIRECTIONS

1. Season shrimp with seasoning and set aside for use later in recipe.
2. In a large saucepan, heat butter. Add onion, celery, green and red bell pepper and cook for 2 minutes.
3. Stir in garlic, thyme, Cajun 180 seasonings and hot sauce. Cook for an additional minute. Add tomato paste, tomato sauce, diced tomatoes, ketchup, chicken broth, lemon slices and bay leaves. Bring to a simmer and cook for 20 minutes.
4. Add seasoned shrimp to sauce. Cover and simmer for 10 minutes. Be careful not to overcook shrimp.
5. Ladle serving around $\frac{2}{3}$ cup of cooked rice. Top with a generous portion of green onions and parsley.



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HEALTHY SWAPS

- Lower fat: Recipe is considered lower in fat as is.
- Lower carbohydrate: Use sugar-free ketchup and substitute cauliflower rice. 164 calories. 4g fat (1g saturated fat, 151mg cholesterol.) 1350mg sodium. 14g carbohydrates (4g fiber, 7g sugar.) 19g protein.
- Lower sodium: Use the “No-salt” version of Cajun180 La Cajun Gold. Use low-sodium chicken broth and ketchup. No significant changes in macros. Reduces sodium to 837mg.
- Dairy-free: Substitute olive oil for butter. No significant changes in macros.
- Gluten-free: Recipe is gluten-free as is. If using an alternative Cajun seasoning, ensure that it is gluten-free.

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
12 servings per container Serving size 2 cups Calories per serving 300	Total Fat 4g	5%	Total Carbohydrate 45g	16%
	Saturated Fat 1g	5%	Dietary Fiber 3g	11%
	<i>Trans Fat</i> 0g		Total Sugars 10g	
	Cholesterol 50mg	17%	Includes 0g Added Sugars	0%
	Sodium 1400mg	61%	Protein 19g	38%
	Vitamin D 0mcg	0%	Calcium 47mg	4%
	Potassium 431mg	10%	Iron 3mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.