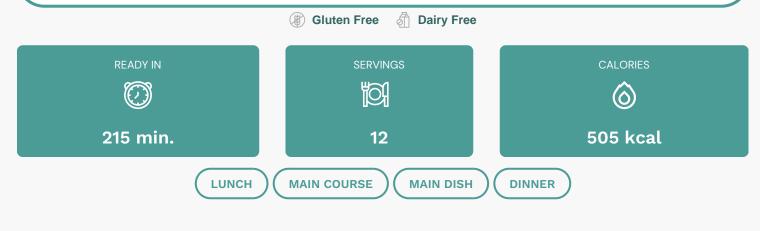


Shrimp-and-Sausage Stew



Ingredients

Ш	2 tablespoons cajun spice
	30 oz tomato sauce canned
	5 rib celery cut into 1-inch pieces
	0.3 cup cornstarch
	43.5 oz 3 (14 1/2-oz.) cans diced tomatoes with zesty green chiles diced with zesty green chiles canned
	1 cup parsley fresh chopped
	6 garlic cloves divided chopped
	3 hell penners green seeded cut into 1-inch strips

	6 green onions chopped	
	3 cups jasmine long-grain uncooked	
	3 large onions cut into 1-inch pieces	
	4 pounds shrimp raw peeled	
	1 lb spicy sausage smoked sliced	
	0.3 cup vegetable oil	
Equipment dutch oven		
Directions		
	Butterfly shrimp by making a deep slit down back of each from large end to tail, cutting to but not through inside curve of shrimp. Devein shrimp.	
	Cook onions in hot oil in a large Dutch oven over medium heat, stirring often, 35 to 40 minutes or until golden brown.	
	Add tomato sauce, and cook, stirring occasionally, 25 to 30 minutes or until thickened.	
	Add diced tomatoes with green chiles, celery, bell peppers, and 2 cups water.	
	Bring to a boil over medium-high heat; reduce heat to medium, and simmer 30 minutes or until sauce thickens slightly.	
	Add 3 garlic cloves, and simmer 30 minutes, stirring in 1 to 2 cups of water as needed to maintain a stew-like consistency. Stir in sausage, and simmer 30 minutes, stirring in 1 to 2 cups water as needed. Skim grease from surface as needed.	
	Meanwhile, prepare rice according to package directions.	
	Stir green onions, parsley, Cajun seasoning, and remaining 3 garlic cloves into sausage mixture. Simmer 10 minutes.	
	Add shrimp, and bring to a boil over medium-high heat.	
	Stir together 1/4 cup cornstarch and 1/2 cup water. Stir into shrimp-and-sausage mixture, stirring just until mixture is thick and glossy.	
	Serve with hot cooked rice.	

Nutrition Facts

Properties

Glycemic Index:23.68, Glycemic Load:24.65, Inflammation Score:-9, Nutrition Score:32.116087094597%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.88mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 504.98kcal (25.25%), Fat: 17.06g (26.24%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 51.56g (18.75%), Sugar: 7.65g (8.5%), Cholesterol: 217.35mg (72.45%), Sodium: 1532.62mg (66.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 31.29g (62.57%), Vitamin K: 111.67µg (106.35%), Selenium: 57.81µg (82.58%), Vitamin C: 49.48mg (59.98%), Phosphorus: 529.57mg (52.96%), Manganese: O.86mg (43.19%), Vitamin B12: 2.25µg (37.48%), Vitamin A: 1867.76IU (37.36%), Vitamin B6: O.73mg (36.54%), Vitamin B3: 6.49mg (32.47%), Vitamin E: 4.67mg (31.12%), Copper: O.61mg (30.65%), Potassium: 884.03mg (25.26%), Zinc: 3.32mg (22.12%), Magnesium: 84.3mg (21.07%), Iron: 3.61mg (20.04%), Fiber: 4.63g (18.5%), Vitamin B1: O.27mg (18.19%), Folate: 70.85µg (17.71%), Calcium: 167.45mg (16.74%), Vitamin B5: 1.58mg (15.84%), Vitamin B2: O.26mg (15.09%), Vitamin D: O.57µg (3.78%)