



Shrimp-and-Sausage Stew



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



12

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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 bell peppers 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



 **PROTEIN 24.86%**  **FAT 30.5%**  **CARBS 44.64%**

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 Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.78mg, Myricetin: 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 %: 0% (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: 0.86mg (43.19%), Vitamin B12: 2.25µg (37.48%), Vitamin A: 1867.76IU (37.36%), Vitamin B6: 0.73mg (36.54%), Vitamin B3: 6.49mg (32.47%), Vitamin E: 4.67mg (31.12%), Copper: 0.61mg (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: 0.27mg (18.19%), Folate: 70.85µg (17.71%), Calcium: 167.45mg (16.74%), Vitamin B5: 1.58mg (15.84%), Vitamin B2: 0.26mg (15.09%), Vitamin D: 0.57µg (3.78%)