

# Shrimp Étouffée - A New Orleans favorite

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-shrimp-etouffee-recipe-in-new-orleans>

## Ingredients:

- 3 tablespoons oil divided
- 1 pound shrimp whole, peeled and deveined, reserve the shells and heads
- 3 bay leaves
- 2 cups chicken stock
- 1 cup water
- 4 tablespoons butter
- 1/3 cup flour
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt or to taste
- 1/4 teaspoon white pepper
- 1/4 teaspoon black pepper
- 1 cup onion diced
- 1 cup celery diced
- 2/3 cup bell pepper diced
- 4 cloves garlic chopped
- 1/4 cup scallions chopped
- 1/4 cup parsley chopped
- 6 cups cooked white rice

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 165 milligrams

4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 840 milligrams
9. Sugar: 4 grams

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