

Shrimp Etouffee

Yield: 2 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-head-on-shrimp-recipe>

Ingredients:

- 4 tablespoons butter
- 4 tablespoons flour
- 1 pound shrimp shelled and deveined
- 1/2 lemon sliced
- 2 cups chicken broth
- 1 cup onion diced
- 1/2 cup celery diced
- 1/2 cup bell pepper diced
- 4 cloves garlic chopped
- 1 teaspoon fresh thyme chopped
- 14 ounces diced tomato
- 1 tablespoon Cajun seasoning or Creole, your favorite blend and adjust to your tastes
- hot sauce to taste
- sea salt to taste
- 1/4 cup green onions sliced for garnish, optional
- 1 tablespoon Italian parsley chopped for garnish, optional

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 405 milligrams
4. Fat: 30 grams
5. Fiber: 7 grams
6. Protein: 57 grams
7. SaturatedFat: 15 grams
8. Sodium: 1130 milligrams
9. Sugar: 11 grams

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