

Cajun Turtle Sauce Piquante

Yield: 5 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-turtle-recipe>

Ingredients:

- 1/2 cup butter
- 1/2 cup all-purpose flour
- 2 cups chopped onion
- 1 cup green pepper chopped
- 1 cup chopped celery
- 5 garlic cloves
- 6 ounces tomato paste
- 1 tablespoon Cajun seasoning or more to taste
- 4 pounds turtle alligator or frog meat, diced small
- 1 cup white wine
- 28 ounces tomato puree or crushed tomatoes
- 4 bay leaves
- salt
- black pepper
- hot sauce
- green onions Chopped, or parsley for garnish, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 50 milligrams
4. Fat: 19 grams
5. Fiber: 8 grams
6. Protein: 8 grams
7. SaturatedFat: 12 grams
8. Sodium: 1270 milligrams
9. Sugar: 16 grams

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