

Mardi Gras Mayhem - Shrimp Etouffee

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-shrimp-etouffee-recipe>

Ingredients:

- 1/2 tablespoon butter
- 1/2 tablespoon olive oil
- 1 chopped onion large
- 1 green pepper chopped
- 3 teaspoons minced garlic
- 1/4 cup flour
- 1 cup chicken broth
- 14 1/2 ounces diced tomatoes petite
- 1/8 teaspoon ground cayenne pepper more if you want it spicy
- 1/4 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 1 pound shrimp peeled, deveined, uncooked
- 4 cups rice white or brown

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 175 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 1 grams
8. Sodium: 350 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Mardi Gras Mayhem - Shrimp Etouffee above. You can see more 13+ mardi gras shripm etouffee recipe Experience culinary bliss now! to get more great cooking ideas.