

# Cajun Shrimp Étouffée

Yield: 7 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-etouffee-recipe>

## Ingredients:

- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground white pepper
- 1 teaspoon sweet paprika
- 1/2 cup oil high heat
- 1/2 cup all-purpose flour
- 1 1/4 cups minced onions
- 1 1/4 cups green bell pepper minced
- 3/4 cup celery minced
- 2 jalapeños minced, ribs and seeds removed, optional
- 6 green onions sliced, keep greens separate
- 12 cloves garlic minced
- 1 1/2 cups shrimp stock or seafood stock/clam juice
- 2 bay leaves
- 2 tablespoons hot sauce
- 2 tablespoons butter cold
- 2 pounds shrimp peeled and deveined
- cooked rice for serving

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 205 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams

6. Protein: 29 grams
  7. SaturatedFat: 3.5 grams
  8. Sodium: 420 milligrams
  9. Sugar: 2 grams
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