



ETL Chicken, Shrimp & Andouille Etouffée

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes

A flavorful Cajun dish with diced sausage, vegetables, chicken, shrimp, and spices served over rice.

- 1/4 cup canola oil**
- 1/4 cup flour, whole-grain wheat**
- 1 medium onion, diced**
- 1 small green bell pepper, diced**
- 2 ribs celery, finely diced**
- 2 cloves garlic, thinly sliced**
- salt and pepper, to taste**
- 6 ounces sausage, andouille, cut into 1/2-inch slices**
- 1 tablespoon tomato paste**
- 2 cups low-sodium chicken broth**
- 3/4 pound chicken thighs, boneless & skinless, cut into 1-inch pieces**
- 1 tablespoon Cajun seasoning**
- 1/2 teaspoon celery seed**
- 1 tablespoon paprika**
- salt and pepper, to taste**
- 3/4 pound shrimp, jumbo (21/25 count), peeled and deveined**
- cooked rice**

Étouffée is a delicious Cajun dish that hails from Louisiana. This flavorful stew combines the richness of Southern spices with a combination of tender chicken, succulent shrimp, and savory andouille sausage, all smothered in a silky, aromatic sauce. The word "étouffée" means "smothered" in French, and that's exactly what this dish does - the ingredients are cooked slowly and carefully until they're perfectly tender and full of flavor. This hearty dish is traditionally served over a bed of fluffy white rice, making it the perfect comfort food for any occasion. Whether you're looking to spice up your dinner routine or impress your guests with a taste of the South, this Étouffée is sure to satisfy.

In a large, deep skillet or cast iron skillet, heat the oil until shimmering. Whisk in the flour and cook over moderately high heat, whisking constantly, until lightly browned, about 2 minutes.

Add the onion, bell pepper, celery and garlic. Season the vegetables with salt and black pepper and cook over moderate heat, stirring, until softened, about 6 minutes.

Add the sausage and tomato paste and cook for 2 minutes.

Add the broth and bring to a boil. Then, reduce to a simmer and stir until thickened, 3 to 4 minutes.

Stir in the chicken and simmer until cooked through, 5-6 minutes.

Add the Cajun seasoning, celery seed and paprika and mix well.

Add salt and pepper to taste. Then mix in the shrimp. Cook for another 4 minutes or until the shrimp are cooked through.

Serve immediately over rice (hot sauce optional).

Per Serving (excluding unknown items): 333 Calories; 20g Fat (52.5% calories from fat); 29g Protein; 11g Carbohydrate; 2g Dietary Fiber; 161mg Cholesterol; 770mg Sodium; 2g Total Sugars; trace Vitamin D; 80mg Calcium; 2mg Iron; 669mg Potassium; 333mg Phosphorus. Exchanges: .