



Chef ETL's 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

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).

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.

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: .

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