

Cajun Rice & Shrimp



Makes:

4 servings

Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

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Recipe Description:

Save time and mess in the kitchen by including a few convenience foods into this Cajun inspired rice dish. Pre-cleaned and cooked shrimp is available at most fish markets or ask them to steam shrimp and clean them for you while you wait. Include frozen sliced okra for an authentic flavor. Add in pre-cooked rice and frozen vegetables for a meal that comes together quickly and tastes delicious.

Use the 12 in. Electric Oil Core Skillet Cover with your 12 in. Chef's Gourmet Skillet.

¹/₂

cup

onions, strung, use Cone #2

(80

g)

³

cloves garlic, shredded, use Cone #1

²

stalks celery, sliced, use Cone #4

2

teaspoons

Cajun seasoning blend

(6

g)

3

cups

cooked long-grain brown rice

(585

g)

15

ounces

diced tomatoes in juice, drained

(425

g)

1

cup

frozen okra, sliced

(112

g)

1

pound

pre-cooked shrimp, peeled and deveined

(454

g)

$\frac{1}{2}$

teaspoon

sea salt

(3

g)

$\frac{1}{2}$

teaspoon

fresh ground pepper

(1

g)

$\frac{1}{4}$

cup

fresh parsley, chopped

(15

g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, add onions, garlic and celery. Sauté for about 4 - 6 minutes until onions start to soften, stirring occasionally during cooking.
2. Add seasoning blend, rice, tomatoes and okra. Stir to combine.

3. Add shrimp on top of rice mixture and cover.
4. When Vapo-Valve? begins to click steadily, reduce the heat to low. Cook rice for 10 minutes until everything is heated through and okra is cooked.
5. If rice is a little watery, cook for a few additional minutes with the cover off.
6. Taste rice and add salt and pepper as needed. Add fresh parsley right before serving and stir in to combine.

Tips:

- Substitute shrimp for baked seasoned diced tofu.
- Add in 1 diced green or red pepper.
- Substitute long-grain brown rice for white basmati rice or other precooked grains.
- Salt amounts will vary depending on Cajun seasoning blend you are using.
- Serve with hot sauce or tabasco for a spicier dish.

Nutritional Information per Serving

Calories:

226

Total Fat:

2g

Saturated Fat:

1g

Cholesterol:

150mg

Sodium:

926mg

Total Carbs:

31g

Dietary Fiber:

4g

Sugar:

4g

Protein:

20g