

Shrimp and Crabmeat Etouffee

There's a hundred recipe for shrimp out there, but I bet this one is the best! This shrimp and crabmeat etouffee is to die for! Check it out and let me know what you think.

You'll Need:

- 2 chopped onions.
- 2 chopped stalks of celery.
- 1 tsp of olive oil.
- $\frac{1}{4}$ tsp of granulated garlic.
- 2 $\frac{1}{2}$ cups of chicken broth.
- $\frac{1}{4}$ cup of flour.
- 3 tbsps of lemon juice.
- $\frac{1}{8}$ tsp of cayenne pepper.
- 2 tsps of tabasco sauce.
- 1 $\frac{1}{2}$ lbs of lump crabmeat.
- $\frac{1}{4}$ cup of green chopped onions.
- $\frac{1}{4}$ cup of fresh parsley or 1 $\frac{1}{2}$ tbsps of dried parsley.
- 3 cups of cooked basmati or brown rice.

How to:

Sauté the onions with celery in olive oil in a large stockpot for about 10 minutes until softened. Mix in the granulated garlic.

In large bowl, mix together the chicken broth and flour until smooth and pour over the onions mixture, stir to combine and bring to a boil then simmer over low heat for 30 minutes until thick.

Mix in the lemon juice, cayenne, tabasco sauce and shrimp and cook for 5 more minutes.

Mix in the crabmeat, green onions and parsley and cook for 5 more minutes.

Serve hot over rice and voila!

Simple, easy and delicious! We love shrimp so much, and with

the proper recipe, you will feel the ocean in your dish! Give this one a shot, it's worth it.