

Creamy Cajun Shrimp and Sausage “Stew”



Plan Z Phase: This is a Z3(ZReboot) recipe.

I’ll admit it. I found this inspiration recipe online. I did not have to change it up much to Zola-fy it. I did change it enough to make it qualify as an original, but the developers were definitely on the right track.

Servings: Serves 4

Ingredients:

- 1 lb of medium-large shrimp. You can buy cooked to speed things up or cook them yourself. They do need to be peeled and deveined. You can pay extra for that or do it yourself.
- 2 Aidell’s Cajun sausages. These are already cooked but you’ll put them in when you cook the shrimp so they can crisp up on the edges a bit. Cut them into coin-sized pieces, sort of like a slightly thicker nickel.
- 2 Tbl of Cajun seasoning
- 3 Tbl of olive oil (divided)
- 1 Tbl of butter

- 1/2 cup of diced Vidalia onion (sweet)
- 1/2 of red bell pepper, chopped
- 1/2 of yellow bell pepper, chopped
- 3 tsp of garlic. I used jar garlic. It works just fine in this recipe.
- 1/3 cup of low sodium vegetable broth
- Grated sea salt and pepper to taste
- 2 cups of heavy cream
- 1/2 cup of grated parmesan cheese

Optional:

- Zoodles

Instructions:

In a bowl, add the shrimp and the sausage. Drizzle on two tablespoons of olive oil and sprinkle on the Cajun seasoning. Toss to fully combine.

Heat a large sauté pan and add the other tablespoon of olive oil. Cook the shrimp and sausage for five minutes. You'll need to toss them often so the shrimp get cooked. You don't want any grey remaining in the shrimp. Transfer the cooked shrimp and sausage to a bowl and cover. Set aside.

In the same pan, add the butter (no need to wash the pan). Add the onion and the bell peppers. Cook for two to three minutes until they loosen up. Add the garlic and cook another minute. Pour in the vegetable broth and get the sauce bubbling a bit so it starts to cook down.

Adjust the seasoning with your sea salt and pepper. Add the cream. You want it simmering again so it will bubble and start to reduce. Stir often. This might take about five minutes. Add the parmesan and that will thicken it even more. Stir until the cheese is melted and incorporated. Get the sauce to a creamy

thickness you like. Then add the shrimp and sausage back in. Heat until you're sure those things are hot too.

Serve. I just had this in a bowl like a stew.

*You could also make some zucchini noodles (Zoodles) and serve them over your pasta substitute.

Enjoy!

Cheers,