

Cajun Shrimp & Rice

Slow cookers are a great option for preparing a main dish for a potluck lunch. Even if your office doesn't have a kitchen, all you need to keep this one hot until serving time is an electrical outlet!

This is a great dish (with a little bite) that incorporates protein, whole-grain carbs & vegetables all in one tasty meal. Great for use at home as well - as a dish to bring as a main to a potluck. With a whopping 21 grams of protein and no saturated fat, this one will fill you up but not out!

Tip: For potluck purposes, use mugs for serving to keep the serving sizes small! Note that the nutritional info will be cut in half, if serving in mugs.

Ingredients

1 28oz can diced tomatoes
1 14oz can chicken broth
1 cup chopped onions
1 cup chopped green bell pepper
1 6-6 ½ oz pkg long grain and wild rice mix, such as Uncle Ben's
¼ cup water
2 garlic cloves chopped
½ tsp Cajun seasoning
1 lb cooked, shelled & deveined shrimp
Hot pepper sauce (optional)



Preparation

1. In a 3.5-4 qt slow cooker (use an 8qt or larger crockpot, if doubling the recipe), combine tomatoes with their juices, chicken broth, onions, bell pepper, rice mix with seasoning packet, water, garlic and Cajun seasoning.
2. Cover; cook on low heat setting for 5-6 hours or on high heat setting for 3-3 ½ hours.
3. Stir shrimp into rice mixture. Cover; cook for 15 minutes longer at high heat setting. Sprinkle with hot pepper sauce, if desired. Serves 6.

Nutrition (1/6 of recipe)

223 calories, 21g protein, 32g carbohydrates, 2g fat, 3g fibre