

# Gluten Free Shrimp Stuffing

Chef Trevor - Aldi Test Kitchen  
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## Servings: 6

### CORNBREAD

1 package gluten free  
cornbread mix

1 large egg

3/4 cup whole milk

1/2 cup vegetable oil

### STUFFING

1/4 cup unsalted butter,  
divided

16 ounces shrimp

1 small onion, diced

2 cloves garlic, minced

1 bell pepper, diced

1 ear corn, cut from the cob

2 tablespoons thyme,  
chopped

2 tablespoons rosemary,  
chopped

1 tablespoon salt

2 tablespoons pepper

2 cups vegetable stock

3 tablespoons scallions,  
thinly sliced

2 tablespoons + 2

teaspoons parsley, chopped  
and divided

## Preparation Time: 40 minutes

### Cook Time: 1 hour

For the cornbread: One day prior to making the stuffing, in a bowl, combine the cornbread mix, egg, whole milk and vegetable oil. Prepare the cornbread according to package directions. Allow to cool. Cut into 1/2-inch pieces. Reserve uncovered overnight to dry out.

For the stuffing: Preheat the oven to 375 degrees.

In a large saute' pan over medium heat, melt two tablespoons of the butter. Once melted, add the shrimp. After 4 minutes, turn the shrimp over. Add the vegetables, thyme and rosemary to the pan. Continue to saute' until the shrimp have reached 145 degrees, about 6 minutes. Add salt and pepper.

In a 9 x 13-inch glass pan, combine the cornbread, shrimp mixture, vegetable stock and scallions. Stir well.

Sprinkle two tablespoons of the parsley over the top of the dressing mixture. Then sliver the two remaining tablespoons of butter over the top.

Bake uncovered for 50 minutes until the top is browned.

Garnish with the remaining parsley.

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Per Serving (excluding unknown items): 442 Calories; 31g Fat (62.0% calories from fat); 21g Protein; 21g Carbohydrate; 4g Dietary Fiber; 176mg Cholesterol; 1765mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 Fat.