

# **Creole Sausage and Shrimp**

Michael Tyrrell

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**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 6 hours 7 minutes**

**1 large onion, chopped**  
**1 green pepper, cored, seeded and chopped**  
**2 ribs celery, sliced**  
**2 large carrots, peeled and diced**  
**4 cloves garlic, chopped**  
**1 can (14 1/2 oz) no-salt-added diced tomatoes**  
**3/4 cup reduced-sodium chicken broth**  
**2 teaspoons Creole seasoning**  
**3 jalapeno-flavored fully-cooked chicken sausages from a 12-ounce package (such as Aidells), sliced into 1/2-inch-thick coins**  
**1 package (10 oz) frozen corn thawed**  
**1 tablespoon tomato paste**  
**1 pound raw, cleaned and deveined large shrimp**  
**3 cups cooked brown rice.**

Coat a slow cooker bowl with nonstick cooking spray.

In the bowl, place the onion, green pepper, celery, carrots, garlic, tomatoes, broth and Creole seasoning. Stir to combine.

Mix in the sausage and corn.

Cover and cook on HIGH for 6 hours or LOW for 8 hours.

Stir in the tomato paste and shrimp. Cook until the shrimp is just cooked through, about 5 to 7 minutes.

Serve over cooked brown rice.

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Per Serving (excluding unknown items): 33 Calories; trace Fat (5.2% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 115mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Other Carbohydrates.