



## Southern Foods At Home Recipe Of The Month Hearty Shrimp Stew

We've got a fun and easy recipe this month that's sure to warm you up on those chilly fall evenings. Go ahead and give it a shot, then email me and let me know if you enjoy it as much as I do!

### Serves 6

- 2 tablespoons canola oil
  - ¼ cup each of onion, celery and carrots (chopped small)
  - 2 – 8oz. bottles clam juice
  - 1 – 28oz. can fire roasted diced tomatoes (un-drained)
  - 2 packets Cajun's Choice® (or similar) Cajun shrimp seasoning
  - 2 pounds Southern Foods At Home large shrimp, peeled and de-veined
1. Heat a large stock pot over med-high heat for one minute. Add the oil and vegetables and sauté for three minutes. Add the clam juice, canned tomatoes and Cajun shrimp seasoning and stir to combine.
  2. Place lid on pot and reduce the heat to med-low. Simmer for 10 minutes.
  3. Remove the lid and add the raw shrimp. Simmer for 4 minutes stirring often. Serve immediately with crusty bread and your favorite sauvignon blanc wine.

**Enjoy! Chef Mike**