

Andouille Sausage & Shrimp in Creole Mustard Sauce

Carolyn T's
Main Cookbook

Servings: 6

Author: Phillis Carey, cookbook author and instructor



Andouille Sausage & Shrimp w/Creole Mustard Sauce

- 1 pound large shrimp (31-40 count), cleaned, tails removed**
- 1 tablespoon Cajun seasoning (see recipe under Notes)**
- 2 tablespoons vegetable oil**
- 1 pound Andouille sausage, or hot Kielbasa**
- 1 large onion, thinly sliced lengthwise**
- 1 large red bell pepper, cut in strips**
- 1 tablespoon fresh thyme, chopped**
- 1 cup chicken broth**
- 5 tablespoons Creole mustard**
- 2 teaspoons red wine vinegar**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 334 Calories; 21g Fat (58.6% calories from fat); 27g Protein; 7g Carbohydrate; 1g Dietary Fiber; 146mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Notes: To make the Creole/Cajun Seasoning: combine 5 T paprika, 2 tsp or up to 2 T cayenne, 1/4 c garlic powder, 2 T onion powder, 2 T dried oregano and 2 T dried thyme. Keep airtight. Will keep for about one month.

1. Toss shrimp with the Cajun seasoning mixture to coat well. Set aside.
2. Heat 1 T. of oil in a large NOT NONSTICK skillet over medium high heat. Add sausage and cook until browned on both sides, about 5 minutes. Remove sausages to a bowl and set aside.
3. Add shrimp to the same skillet and cook until browned and just opaque in the center, about 3 minutes. Remove to same bowl with sausage.
4. Add remaining oil to skillet. Toss in onion, bell pepper and thyme. Cook until the vegetables are beginning to soften, about 5 minutes. Add broth, mustard and vinegar. Stir until sauce thickens some, about 2 minutes. Return sausage and shrimp to the skillet. Simmer until heated through, stirring occasionally, about 1 minute. Season to taste with salt and pepper. Serve on a bed of seasoned rice.