Louisiana Harvest of the Month

Shrimp Paella

Home Recipe

Serves: 4
Prep Time: 20 minutes
Cook Time: 35 minutes

Ingredients

- 2 cups reduced-sodium chicken broth
- ⅛ tsp turmeric
- 1 ½ tsp butter
- 1 ½ tsp olive oil
- 1 cup medium grain rice, uncooked
- 1 bay leaf
- ¼ tsp red pepper flakes
- ⅛ tsp salt
- ½ tsp smoked paprika
- ¾ lb medium shrimp, peeled, raw
- 1 cup diced unsalted tomatoes, undrained
- 3 Tbsp fresh parsley, chopped
- 4 thin lemon slices

Cooking Instructions

1) In a small saucepan, pre-warm chicken broth over medium heat. Stir in turmeric.
2) In a 10-inch skillet with a heavy bottom, heat butter and oil on medium-low heat. Add dry rice to pan and coat in butter and oil. Stir for 5 minutes or until rice begins to brown.
3) Pour in broth mixture and add bay leaf, red pepper flakes, salt, and paprika. Cover and bring to a boil over medium-high heat, then reduce heat and simmer without stirring for 15 minutes.
4) Stir in shrimp and tomatoes. Cover and cook for 8-10 minutes on low-medium heat until shrimp are cooked through and liquid has evaporated. Before serving, stir in 2 Tbsp of parsley. Serve with a squeeze of lemon and a sprinkle of parsley on top.

Nutrients Per 1 ½ Cup Serving

- **Calories** 330
- **Total Fat** 4.5 g
- **Saturated Fat** 1.5 g
- **Cholesterol** 165 mg
- **Sodium** 240 mg
- **Carbohydrates** 47 g
- **Dietary Fiber** 2 g
- **Protein** 26 g
- **Calcium** 91 mg
- **Iron** 3 mg
- **Vitamin D** 0 mcg
- **Potassium** 500 mg

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