

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
- 1/8 tsp turmeric
- 1 1/2 tsp butter
- 1 1/2 tsp olive oil
- 1 cup medium grain rice, uncooked
- 1 bay leaf
- 1/4 tsp red pepper flakes
- 1/8 tsp salt
- 1/2 tsp smoked paprika
- 3/4 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 1/2 Cup Serving

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



For More Information

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