

Southern Shrimp & Spicy Creole Sauce: A 30-Minute Dinner You'll Crave

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30 min

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INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 1 tbsp olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 (14.5 oz) can diced tomatoes, undrained
- 1/2 cup chicken broth (low sodium)
- 1 tbsp Cajun seasoning (adjust to your spice preference-start low!)
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper (optional, for extra heat)
- Salt and black pepper to taste
- Cooked rice, for serving

Swaps & Notes:

Shrimp: Any size shrimp will work, but large or jumbo shrimp are best. You can also use chicken or even sliced smoked sausage for a different spin.

Veggies: Feel free to add other vegetables to the sauce. Sliced celery is a classic addition to a Creole sauce.

Cajun Seasoning: The spice level of Cajun seasoning can vary greatly. If you're unsure, start with a smaller amount and add more to taste. You can also make your own blend at home.

Broth: Low-sodium chicken broth is best so you can control the salt level.

Rice: This dish is best served over fluffy white

rice, but brown rice or even quinoa would also work.

DIRECTIONS

1. SautØ the Veggies: Heat the olive oil in a large skillet or Dutch oven over medium heat. Add the chopped onion and green bell pepper and cook for about 5 minutes, stirring occasionally, until they are softened and fragrant.
2. Simmer the : Sauce: Stir in the undrained can of diced tomatoes, chicken broth, Cajun seasoning, paprika, garlic powder, and cayenne pepper (if using). Bring the sauce to a gentle simmer.
3. Let the : Flavors Meld: Reduce the heat to low and let the sauce simmer for 10 minutes, stirring occasionally. This step is crucial for allowing all the flavors to deepen and come together.
4. Cook the : Shrimp: Increase the heat back to medium. Add the peeled and deveined shrimp to the skillet in a single layer. Cook for 2-3 minutes per side, or until the shrimp turn pink and are cooked through. Be careful not to overcook the shrimp, as they will become tough.
5. Season and : Serve: Remove the skillet from the heat. Season with salt and black pepper to taste. Serve immediately over a bed of hot, fluffy rice.

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TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp cook very quickly.

As soon as they turn pink and opaque, they're done.

Pull them off the heat immediately to keep them tender and juicy.

Start Low on the Spice: Cajun seasonings can pack a punch.

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