

Cajun Shrimp and Rice - One pot meal

1 onion chopped
1 Tablespoon of oil.
1 Tablespoon Cajun Seasoning
(to make less spicy reduce to 1 teaspoon)
1 Tablespoon dried minced garlic
1/4 teaspoon thyme
1/4 teaspoon black pepper
1 can Mexican style diced tomatoes
3 Cups water
1 1/2 cups Rice
1 lb of salad shrimp thawed



Brown onions in oil. Add spices, tomatoes, rice and water. Bring to a boil. Add shrimp turn down to simmer cover and cook 20 to 25 minutes until liquid is absorbed

Make Ahead

Brown onions add spices tomatoes. Freeze or put in fridge.

Thaw if frozen. Add rice and water. Bring to a boil. Add shrimp turn down to simmer cover and cook 20 to 25 minutes until liquid is absorbed

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>