

Dirty Shrimp boil

Serves 6

3 Cups of vegetable broth
4 Quarts of water
2 Tablespoons old bay seasoning
2 Tablespoons salt
4 bay leaves
1 large onion quartered
2 teaspoons minced garlic
1 lb of shrimp
1 lb of sausage cut into pieces
4 ears of corn cut in half
1 1/2 lbs small red potatoes



Boil water, broth, onion and spices in large stock pot. Add potatoes and simmer for 15 minutes, Add corn and sausage simmer for 10 minutes. Add shrimp and cook for 10 minutes. Drain and serve

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