

# NOLA BBQ Shrimp

*Chef Andy of Ru's Pierogi & Alchemy*

RECIPE MAKES: 10 SERVING

## INGREDIENTS

- 30 jumbo shrimp
- 2.5 Tbsp. unsalted butter
- 1 cup homemade stock
- 2 tsp. Worcestershire sauce
- Spices (all dried)
  - ½ tsp. oregano
  - 1 tsp. rosemary
  - 2 tsp. cayenne pepper
  - 2 tsp. black pepper
  - 1 tsp. crushed red pepper
  - 1 tsp. thyme
- 3 cloves garlic (minced)
- French Baguette (1" slices)  
30 total
- ¼ cup olive oil

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>3 shrimp, 2 oz. broth</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 82mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Preheat oven to 350°F
  2. Make homemade stock (optional) or use a low sodium/unsalted store bought variety
  3. Thaw shrimp in bowl (in cold water)
- Tip: have an extra bowl for shrimp peels
4. Peel and mince garlic
  5. Combine all spices into a measuring cup
  6. Heat pan over medium/high heat
  7. Add butter, melt slightly
  8. Add garlic, cook about 1 ½ minutes
  9. Add spices
  10. Add shrimp, cook 2-3 minutes, tossing occasionally
  11. Add Worcestershire sauce
  12. Add stock and simmer
  13. Put crostini's on baking sheet and lightly toast in oven a few minutes at 350°F – when they are done so are the shrimp
  14. ENJOY!

*Healthy Options*

