



Nutrition Facts

Serving Size 1 12th recipe

Amount Per Serving

Calories 600

% Daily Value

Total Fat 37g **57%**

Saturated Fat 15g **75%**

Cholesterol mg **0%**

Sodium 2270mg **95%**

Total Carbohydrate 46g **15%**

Dietary Fiber 2g **8%**

Protein 25g **50%**

Vitamin A % Vitamin C %

Calcium % Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté sausage, onions, red peppers, celery, garlic and Cajun seasoning in oil for 5 to 8 minutes or until softened.
3. Stir sausage mixture, cooked rice, crab meat, chicken and shrimp into soup; bring to simmer. Cook for 8 to 10 minutes or until vegetables are tender. Stir in lemon juice.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tsp (10 mL) parsley.