



**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.