

Crockpot Low Country Boil

#recipe

#slow cooker#

#food/cooking#

#food/dinner#

#food/cajun

#people/Family Fresh Meals#

#need to make#

#2019/March#

Crockpot Low Country Boil - Family Fresh Meals

Ingredients

1.5 lbs small red potatoes (cut in half)
5 cups of water
1 bottle (12 oz) beer (you can also sub in broth)
1/4 cup Old Bay Seasoning
2 stalks celery, cut into 1-inch pieces
1 onion, cut into quarters
3-4 garlic cloves, minced
2 lemons, cut in half
1 lb cooked kielbasa sausage, cut into 1-inch pieces
4 fresh cobs of corn, cut into 3-inch chunks
2 lb fresh, uncooked large shrimp in shells
Optional : Cocktail sauce, fresh lemon slices, Cajun seasoning

Process

Start by spraying a 6 or 7 quart slow cooker with cooking spray. Add in water, beer, Old Bay Seasoning, and garlic. Stir until well combined.

Place potatoes, onion and celery in slow cooker and squeeze lemons over mixture in slow cooker.

Place lemon halves to slow cooker.

Cover the crockpot and cook on Low heat setting 4-5 hours.

Add sausage and corn, cover and cook 2 hours longer.

Increase heat setting to HIGH and add in your shrimp. Your crockpot will be very full, so do your best to stir a little and squeeze your shrimp in. Cover and cook 30-40 minutes or until shrimp are pink.

Drain your Crockpot Low Country Boil using a large strainer. Serve this meal on a newspaper covered table for easy clean up. We enjoyed ours with cocktail sauce, fresh lemon and some Cajun seasoning.

Nutrition

Servings: 6

Calories: 444cal

Fat: 22g

Carbs: 49g

Protein: 18g