

# Creamy Cajun Shrimp Linguine

## Ingredients

1 cup water	2 tsp all-purpose flour
1 can less-sodium chicken broth	1 tsp Cajun seasoning
6 oz uncooked linguine	1/4 tsp salt
1 lb medium shrimp, peeled	2/3 cup half and half
1/2 tsp butter	1/4 cup chopped fresh parsley
1 package mushrooms, sliced	
1 lg red bell pepper, cut into 1/4 inch thick slices	

## Directions

Combine 1 cup water and broth in a Dutch oven; bring to a boil. Break pasta in half; add to pan. Bring mixture to a boil. Cover, reduce heat, and simmer for 8 minutes. Add shrimp to pan. Cover and simmer for 3 minutes or until shrimp are done. Drain.

Melt butter in a large skillet over medium –high heat. Add mushrooms & pepper to pan; sauté 4 minutes or until moisture evaporates. Add flour, seasoning, and salt to pan; sauté 30 seconds. Stir in half and half; cook 1 minute or until thick, stirring constantly. Remove from heat. Add pasta mixture and parsley to pan. Toss and serve.

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