SOUTHERN STYLE CRAWFISH GRAVY

INGREDIENTS

1 lb peeled cooked crawfish tails

1 lb sugar-free bacon, chopped into 1/2" pieces

1 large yellow onion, peeled and chopped into wedges

1/2 cup finely chopped green bell pepper

1/2 cup finely chopped celery stalks

1/4 cup finely chopped jalapeño, seeded

2 garlic cloves, minced

2-3 cups vegetable broth or turkey stock

2 tsp Cajun Spice Mix

1 tsp sea salt

freshly ground black pepper

6 scallions, chopped

INSTRUCTIONS

Thaw, rinse, and pat dry the crawfish tails.

Bring two cups of vegetable broth, onion, and sea salt to a boil in a medium size saucepan. Reduce to a simmer and cook until the onion falls apart. Purée the onion using a blender or stick blender. If the broth onion mix is too liquid, return to the stove and simmer until the desired consistency is reached, if it is too thick add some more vegetable broth.

Add the bacon to a large skillet and fry until the fat is melted and the bacon is crisp. Using a slotted spoon, remove the bacon and set aside.

Remove some of the bacon fat, leaving enough for frying in the pan. Add the celery, garlic, bell pepper, and jalapeño to the skillet and fry until they turn soft, about 20 minutes. With a slotted spoon, remove the bacon and vegetables from the skillet.

Add the onion broth mixture.

Add the crawfish tails. Heat once more, garnish with chopped scallions, and serve immediately.

Guten Appetit!

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