

You don't have to live by the shore to enjoy a good old-fashioned New England-style shrimp boil. Use a slow cooker to cook potatoes and seasonings, and then add the corn, shrimp and sausage to cook in the flavorful broth at the end.

INGREDIENTS

- 1/4 cup seafood seasoning, such as Old Bay
- 2 large ears yellow corn, husked and cut in to 1-inch pieces
- 1 1/2 pounds large, deveined, shell-on shrimp
- 8 ounces kielbasa, halved lengthwise and cut into 2-inch pieces
- 3 cloves garlic, lightly smashed
- 2 bay leaves
- 2 medium yellow onions, cut into eighths
- 1/2 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- 3 pounds very small red bliss potatoes (each about 1-inch in diameter)



INSTRUCTIONS

1. Put the potatoes, garlic, bay leaves, onions, 2 tablespoons of the seafood seasoning and 4 cups water in the insert of a 6-

quart slow cooker. Stir to combine. Cover with a lid and cook on low heat for 4 hours.

2. Remove the lid and switch to high heat. Gently stir in the corn, shrimp, sausage and the remaining 2 tablespoons seafood seasoning. Cover with a lid and cook until the shrimp turn opaque and the sausage is warm through, 30 to 45 minutes. Gently stir in the parsley and lemon juice.
3. Serve directly from the slow cooker or pour into a large serving bowl and serve immediately with crusty bread.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 192 g		Total Fat 6.2g	9%	Total Carbohydrates 13g	4%
1 serving (6.8 oz)		Saturated 2.1g	10%	Dietary Fiber 2g	7%
Calories 190		Trans Fat 0g		Sugars 4g	
From fat 55		Cholesterol 157mg	52%	Protein 23g	45%
<i>HappyForks.com</i>		Sodium 451mg	19%		
		Calcium 9% • Iron 12%		Vitamin A 9% • Vitamin C 29%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.