

Slow Cooker Cajun Chicken & Shrimp w/ Riced Cauliflower
(Whole 30, Paleo)

Shopping List:

For the chicken & shrimp entree:

- 2lbs skinless chicken thighs
- 1 red bell pepper, chopped
- 1 large onion, chopped
- 2 stalks celery, diced
- 1 (15 ounce) can stewed tomatoes, chopped and undrained
- 3 garlic cloves, minced
- 1 tsp paprika
- 1 tsp cajun seasoning
- 1 tsp salt
- 1 tsp fresh ground pepper
- 1 lb shelled shrimp, deveined and cleaned
- 1 tbsp fresh lemon juice
- hot sauce, to taste *optional

For the riced cauliflower:

- 1 head cauliflower
- 1 tbsp olive oil *optional

Directions:

Crock Pot Cajun Chicken and Shrimp: Put all of the ingredients into the Crock-Pot with the chicken thighs at the bottom, excluding the last 3 ingredients. Cook on low 8-10 hours or high 4-5 hours.

In last hour of cooking, add the shrimp, hot sauce, and lemon juice.

Riced Cauliflower: Wash your cauliflower and cut off the florets. Place the florets into a food processor and pulse it on the chop setting until you get a rice like texture. Wait until the meal is finished cooking to saute your riced cauliflower or it will get soggy. Cauliflower naturally has a lot of water in it so you do not need to add oil if sauteing in Copper Chef or a nonstick pan. You can saute with a little bit of olive oil or coconut oil if you do not have a non-stick pan.