

Check out our radio program  
on KANE AM1240  
every Thursday at 10:30 am



**BestLife Iberia** Executive Chef,  
*Patrick Mould*

Chef, educator, TV personality, cookbook author and culinary innovator, Chef Patrick Mould has contributed much to the cooking landscape that is South-west Louisiana. With over 25 years experience Chef Mould is no stranger behind a stove and has been at the forefront of Cajun and Creole Cuisine.



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# BEST Life

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## Shrimp Ratatouille

### Ingredients:

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|--|--|
| 2 tablespoons olive oil                  | ½ cup fresh basil, julienne                            |
| 2 large eggplant, peeled & diced         | ¼ cup fresh oregano, minced                            |
| 2 cups onion, minced                     | 1 tablespoon Cajun Seasoning                           |
| 1 cup bell pepper, minced                | 1 teaspoon hot sauce                                   |
| 1 cup celery, minced                     | 1 pound Vermilion Bay Sweet® peeled & de-veined shrimp |
| 2 tablespoon minced garlic               | ¼ cup minced green onions                              |
| 2 cans diced Rotel® Tomatoes with chilis | ¼ cup minced parsley                                   |
| 1 can crush Tomatoes                     |  |
| 1 can chicken broth                      |  |

### Directions:

1. In a large pot heat olive oil over medium heat.
2. Add eggplant, onion, bell pepper, celery and garlic and cook for 15 minutes. Be careful not to burn eggplant.
3. Add tomatoes, crushed tomatoes, basil, oregano, chicken broth, Cajun Seasoning and hot sauce.
4. Simmer for 30 minutes until chicken broth has evaporated.
5. Add shrimp and cook for additional 10 minutes covered stirring occasionally.
6. Stir in green onions and parsley.

Yields: 8 side servings



MADE POSSIBLE BY:



NUTRITIONAL ANALYSIS  
PROVIDED BY:



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**NUTRITIONAL INFO:** (per serving, as stated in recipe)

Calories: 202 • Protein: 13g • Fat: 3.5g • Salt: 457 mg • Carbohydrates: 19g