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celebrate cooking

JANUARY | FEBRUARY 2026



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IN THIS ISSUE

Hello, 2026! Celebrate Cooking is kicking off the new year with everything you need to start the year right. Discover nutritious recipes to tackle health goals, celebratory menus for special occasions, the authentic secrets of classic Southern cooking and more.

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Achieve your New Year's goals. We're here to get you started with simple recipes that make healthy eating a delicious habit.

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Explore the deep, soulful flavors of the South. Learn the difference between iconic Cajun and Creole cooking styles, and master some authentic Louisiana classics.

ON THE COVER:

Cajun Chicken Fricassee

A classic Louisiana comfort dish, this Cajun Chicken Fricassee slowly simmers seasoned chicken in a rich, roux-based gravy with tender vegetables and bold Southern flavor.

Sweet, chewy and irresistibly crunchy with a classic chocolate and butterscotch finish. Yum!

Scotcheros recipe on
pg. 10



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FRESH START



A squeeze of fresh lemon juice cuts the creamy richness to give the pasta a fresh, lively finish.

Kickstart your 2026 health goals with inspiring recipes designed to make it simple and delicious to eat healthier.

WINTER CITRUS IMMUNITY SMOOTHIE

Total Time: 10 minutes | Serves: 1



Fight winter chills the tasty way with this naturally powerful immune-boosting smoothie. Packed with fruit, beets and zesty ginger, it's the delicious defense your body needs.

1 cup Brookshire's Frozen Mango Chunks (see note)
1/2 cup orange juice, freshly squeezed
1 lemon, juiced
1 tsp fresh ginger, grated
1/2 tsp ground turmeric
1 cup Brookshire's Frozen Cherry Berry Blend (see note)
1 orange, peeled and segmented
1/2 cup Brookshire's Canned Sliced Beets
1/2 cup pomegranate juice

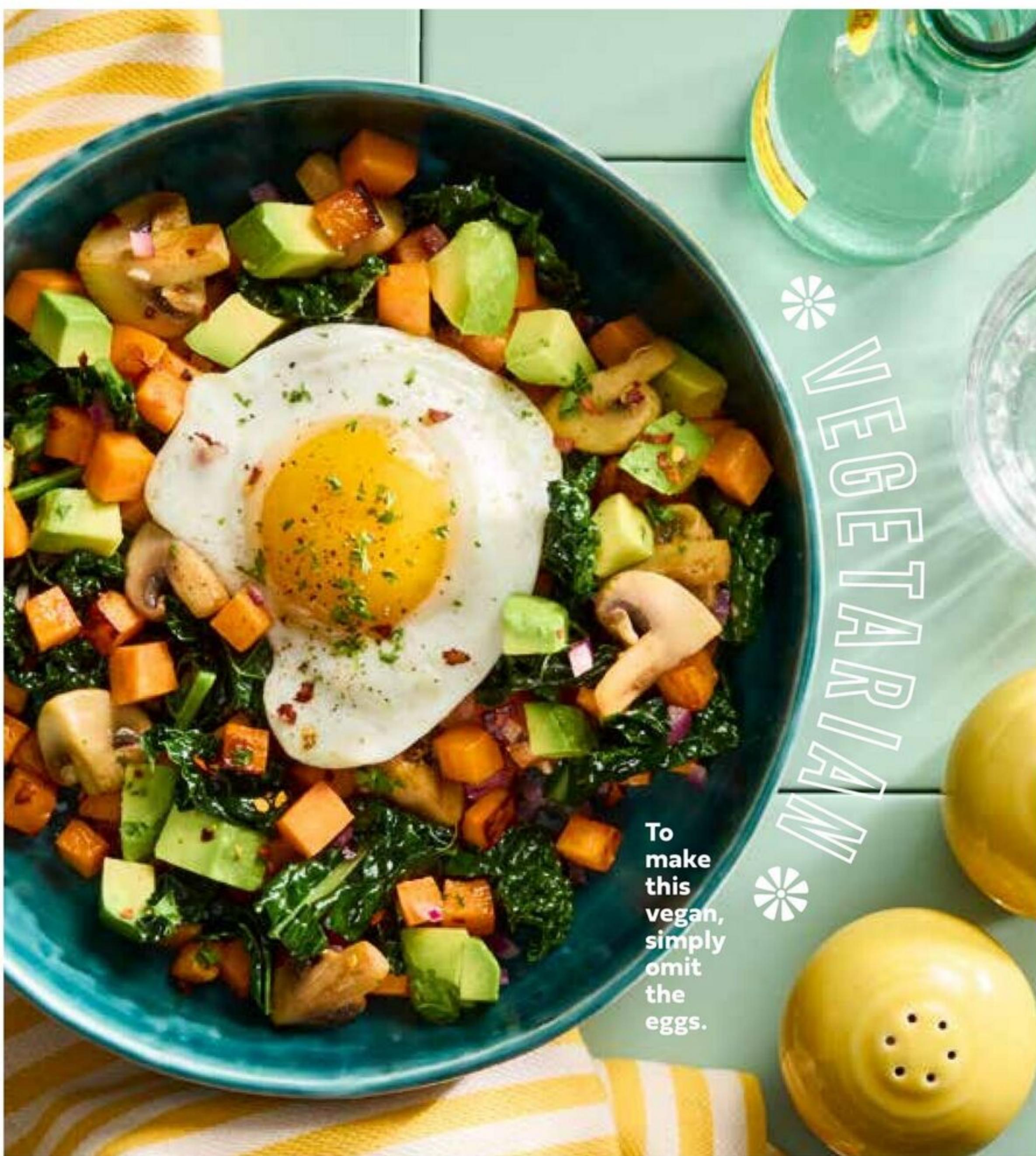
In a blender, combine the mango, orange juice, lemon juice, ginger and turmeric. Blend until smooth, and pour into a tall glass. Rinse the blender. Add the berry blend, orange segments, beets and pomegranate juice. Blend until smooth, and pour over the mango mixture.

Note: Do not thaw the fruit before blending.

TIP: For added sweetness, add a teaspoon of honey to each mixture while blending. For added nutrition, add protein powder, collagen powder, ground flaxseeds or fiber powder.

Per Serving:
 Calories: 366, Fat: 2 g (0 g Saturated Fat),
 Cholesterol: 0 mg, Sodium: 129 mg,
 Carbohydrates: 87 g, Fiber: 14 g, Protein: 6 g.





SWEET POTATO AND KALE HASH WITH FRIED EGGS

Total Time: 45 minutes | Serves: 6

2 Tbs vegetable oil (plus extra if needed)
 4 cups sweet potatoes, peeled and diced
 1/2 red onion, minced
 1 cup mushrooms, chopped
 1 bunch lacinato kale, washed and chopped (stems and leaves separated)
 2 cloves garlic, minced
 2/3 cup vegetable broth
 salt and pepper, to taste
 1 avocado, diced
 6 eggs, fried to desired doneness

Heat 2 tablespoons of oil in a large skillet over high heat. Add the sweet potatoes. Sauté for 2 to 4 minutes to char. Add the onions. Cook for 6 minutes until soft, adding extra vegetable oil if needed. Add the mushrooms, kale stems and garlic. Sauté for 2 minutes until mushrooms are tender. Stir in the kale leaves and broth. Cover, and reduce heat to low. Simmer for 5 minutes until tender. Season with salt and pepper. Top each serving with diced avocado and a fried egg.

Per Serving:
 Calories: 280, Fat: 16 g (3 g Saturated Fat), Cholesterol: 185 mg, Sodium: 260 mg, Carbohydrates: 27 g, Fiber: 7 g, Protein: 11 g.

SEARED SCALLOPS WITH LEMON PESTO PASTA

Total Time: 45 minutes
 Serves: 4

SCALLOPS AND PASTA:

1 cup grape tomatoes
 1 Tbs olive oil
 1 lb linguine
 16 large scallops
 1 tsp salt
 1 tsp black pepper
 2 Tbs vegetable oil
 1 medium lemon, juice and zest
 grated parmesan cheese, lemon slices and basil leaves (for garnish)

PESTO:

2 cups fresh basil
 1/2 cup pine nuts
 1/2 cup parmesan cheese, grated
 2 cloves garlic
 1 large lemon, juice and zest
 1/4 cup extra virgin olive oil

Preheat the oven to 475° F. Toss the tomatoes with one tablespoon of olive oil on a baking sheet. Roast for 10 to 12 minutes until they burst. Let cool.

Make the pesto: Pulse the basil, pine nuts, parmesan and garlic in a food processor. Add the juice and zest from the large lemon. Drizzle in the 1/4 cup of olive oil until smooth.

Cook the linguine in salted water. Reserve 1/2 cup of pasta water before draining the water.

Pat the scallops dry. Season with salt and pepper. Heat the vegetable oil in a nonstick or stainless-steel pan over high heat. Sear the scallops for 2 to 3

minutes per side, turning only when they release easily. Reduce the heat to medium. Add the juice and zest from the medium lemon. Spoon the pesto lightly over the scallops for one minute.

Toss the pasta over low heat with 1/2 cup of pesto and the reserved pasta water until warmed. Add more pesto, if desired. Plate the pasta. Top with scallops and roasted tomatoes. Garnish with parmesan, lemon slices and basil leaves.

Per Serving:
 Calories: 770, Fat: 35 g, (5 g Saturated Fat), Cholesterol: 10 mg, Sodium: 770 mg, Carbohydrates: 100 g, Fiber: 8 g, Protein: 22 g.

WIN YOUR WATCH PARTY

The stakes are high on game day, and it's not just about sports. Win over your crowd with the ultimate lineup of game-winning snacks.



**PUFF PASTRY
FOOTBALL PIZZA**

recipe on p. 8

STEP-BY-STEP

PUFF PASTRY FOOTBALL PIZZA

Total Time: 1 hour 15 minutes
Serves: 8

2 sheets puff pastry, thawed
3/4 cup ricotta cheese
1 cup mozzarella cheese, shredded
1/2 cup pepperoni, minced
1/4 cup black olives, minced
1/4 cup parmesan cheese, grated
2 Tbs unsalted butter, melted
1/2 tsp garlic powder
4 oz cream cheese, softened
at room temperature
1 Tbs fresh chives or parsley, chopped
marinara sauce, for serving

Preheat the oven to 425° F. Unroll one puff pastry sheet onto a parchment-lined baking sheet. Roll out to about 10 x 15 inches.

Using a pizza cutter, shape into a rough oval with tapered ends to resemble a football.

Stir the ricotta, mozzarella, pepperoni, olives and parmesan together. Spread evenly on the pastry, leaving a 1/2-inch border around the edges.

Place the second pastry sheet on top. Trim it to the same size as the bottom sheet.

Using a pizza cutter, cut one-inch wide strips along the sides. Leave a 1 1/2-inch to 2-inch gap down the center lengthwise.

Gently lift and twist each strip slightly to create a braided effect.

Combine the melted butter and garlic powder. Brush evenly over the top and the twisted strips. Bake for 20 to 25 minutes until puffed and golden. Let cool for about 5 minutes before piping.

Stir the cream cheese and herbs together until smooth. Place in a zip-top bag, and snip a corner. Pipe straight lines down the center to resemble football laces. Serve with marinara sauce.



Per Serving (2 twists): Calories: 270, Fat: 23 g (11 g Saturated Fat), Cholesterol: 55 mg, Sodium: 480 mg, Carbohydrates: 7 g, Fiber: 0 g, Protein: 11 g.



CHILI CON CARNE WITH BLACK BEANS

Total Time: 1 hour 45 minutes

Serves: 8

3 lbs (85/15) ground beef
 1 large yellow onion, finely diced
 1 jalapeño, seeded and finely chopped
 6 cloves garlic, finely chopped
 2 tsp ground cumin
 1/4 cup mole paste
 1 (12 oz) bottle dark beer
 1 (15 oz) can crushed tomatoes
 4 cups beef stock
 1 tsp salt
 2 Tbs chili powder
 1 tsp dried oregano
 1 tsp smoked paprika
 1/2 tsp black pepper
 3 (15 oz) cans black beans,
 rinsed and drained
 cilantro, Fritos corn chips, sour
 cream, diced red onions, sliced
 jalapeños, shredded cheese and
 chopped green onions (for serving)

Heat a large Dutch oven over medium heat. Cook the ground beef, onions and jalapeños (breaking up the meat) until browned and most of the liquid has evaporated. Stir in the garlic and cumin. Add the mole paste. Cook for about 2 minutes to caramelize. Pour in the beer, scraping the bottom of the pan to deglaze. Add the crushed tomatoes, beef stock, salt, chili powder, oregano, paprika and black pepper. Bring to a simmer, partially covered. Cook for 45 minutes to 1 hour, stirring occasionally and adding more beef stock as needed. Gently stir in the black beans. Simmer for 10 more minutes without mashing. Serve the chili while hot with toppings on the side as desired.

TIP: Substitute your favorite chili seasoning by simply skipping the chili powder, oregano, paprika and black pepper.

Per Serving (1 1/2 cups, not including toppings):
 Calories: 560, Fat: 28 g (10 g Saturated Fat),
 Cholesterol: 115 mg, Sodium: 1,460 mg,
 Carbohydrates: 34 g, Fiber: 10 g, Protein: 41 g.

ROASTED SPICY EDAMAME

Total Time: 45 minutes,
plus thawing
Makes: 2 1/2 cups

1 (12 oz) pkg frozen shelled edamame
2 Tbs vegetable oil
1 tsp chili powder
1/2 tsp garlic powder
1/4 tsp red chile flakes
sea salt, for sprinkling

Preheat the oven to 425° F. Thaw the edamame, and pat dry. Toss the edamame with the vegetable oil, chili powder, garlic powder and red chile flakes until well-coated. Spread on a baking sheet. Roast for 20 to 25 minutes (stirring halfway through roasting time) until the edamame is dry and slightly crisp. Sprinkle with sea salt while hot. Let cool completely before serving.

Per Serving (1/2 cup):
Calories: 150, Fat: 10 g (2 g Saturated Fat),
Cholesterol: 0 mg, Sodium: 25 mg,
Carbohydrates: 8 g, Fiber: 3 g, Protein: 8 g.



SCOTCHEROOS

Total Time: 30 minutes, plus chilling
Makes: 24

1 cup granulated sugar
1 cup **Nature Nate's® 100% Pure Raw & Unfiltered Honey**
2 Tbs unsalted butter
1 cup creamy peanut butter
1 tsp vanilla extract
1/2 tsp salt
8 cups crispy rice cereal
1 1/2 cups bittersweet chocolate chips
1 cup butterscotch chips
flaky salt and crushed peanuts,
for garnish (optional)



Spray a 9 x 13 pan with cooking spray. Line it with parchment paper, leaving an overhang. In a small saucepan over medium heat, stir together the sugar, honey and butter until the sugar dissolves and the mixture is just about to boil. Remove from heat. Stir in the

peanut butter, vanilla and salt until smooth. Add the cereal. Stir until everything is evenly coated. Transfer the mixture to the prepared pan, and press into an even layer. Let cool completely.

Meanwhile, melt the chocolate chips and butterscotch chips in a double-boiler or microwave (stirring occasionally) until smooth. Spread evenly over the cooled bars. Sprinkle with flaky salt and crushed peanuts, if desired. Refrigerate for 30 minutes. Lift the bars using the parchment overhang. Transfer to a cutting board, and cut into squares for serving.

Per Serving (1):
Calories: 290, Fat: 12 g (6 g Saturated Fat), Cholesterol: 5 mg,
Sodium: 210 mg, Carbohydrates: 45 g, Fiber: 1 g, Protein: 4 g.

Made with LOVE

READY FOR A LITTLE ROMANCE? WE HAVE THE PERFECT
VALENTINE'S DAY MENU THAT WILL SWEEP YOU OFF YOUR FEET.

Chile-Kissed Chocolate Cake

recipe on p. 13



Individual Beef Wellingtons

Total Time: 2 hours, plus chilling | Serves: 2

2 (6 oz) center-cut beef tenderloin portions
 1 1/2 tsp salt, divided
 1 1/2 tsp black pepper, divided
 4 Tbs vegetable oil
 1/2 lb baby bella mushrooms
 2 shallots, peeled and chopped
 4 cloves garlic
 2 tsp herbes de Provence
 2 Tbs unsalted butter
 2 Tbs brandy
 1 Tbs Worcestershire sauce
 2 (10 x 10) sheets puff pastry, thawed
 1 egg, lightly beaten
 1 Tbs water

Season the beef tenderloins with 1 teaspoon of salt and 1 teaspoon of pepper. Heat a large cast-iron skillet over high heat. When smoking hot, add the oil. Sear the beef on all sides until a good crust forms. Reduce the heat to medium, if needed. Transfer the meat to a plate, and let it rest at room temperature for 5 to 10 minutes to cool slightly. Then, refrigerate for at least 1 hour.

Wipe the mushrooms clean with a damp paper towel. In a food processor, pulse the mushrooms, shallots, garlic and herbs until finely chopped. Melt the butter in a sauté pan over medium heat. Add the mushroom mixture, and cook for 8 to 10 minutes until the liquid evaporates. Stir in the brandy, Worcestershire sauce, and remaining salt and pepper. Cook until the liquid is gone. Let it cool at room temperature for 10 to 15 minutes until warm. Refrigerate for at least 1 hour to fully chill before assembling.



**ASSEMBLY**

Preheat the oven to 400° F. On a lightly floured surface, roll out a puff pastry sheet. Cut into a 10-inch square. Trim the corners to form a cross. Save the scraps for decoration. Spread half of the mushroom mixture over a tenderloin, and place in the center of the pastry cross. Combine the beaten egg and water to make an egg wash. Brush the pastry edges with egg wash. Fold each pastry side over the meat to cover it. Brush the seams with egg wash. Place the covered tenderloin seam-side down on a greased baking sheet. Repeat with the second beef tenderloin.

Use the leftover pastry dough for decoration, attaching with egg wash. Brush all of the pastry with egg wash, and sprinkle with salt. Refrigerate for one hour. Bake the cold Wellingtons for about 40 minutes until the pastry is golden. Let rest briefly before cutting, as the meat continues to cook inside.



Per Serving:
Calories: 850, Fat: 62 g (17 g Saturated Fat),
Cholesterol: 210 mg, Sodium: 2,050 mg,
Carbohydrates: 34 g, Fiber: 3 g, Protein: 40 g.

(shown on p. 11)

Chile-Kissed Chocolate Cake

Total Time: 4 hours | Serves: 10

CAKE:

2 (13.25 oz) boxes Betty Crocker Favorites Super Moist Milk Chocolate Cake Mix, plus ingredients per package directions for each
2 tsp cinnamon powder, divided
baking spray (nonstick with flour)
favorite chocolates, for decorating

FROSTING:

6 cups powdered sugar
1 1/2 cups cocoa powder
1 1/2 lbs unsalted butter, room temperature
1/3 cup heavy whipping cream
2 tsp cinnamon powder
2 tsp vanilla extract
1/2 tsp salt

RASPBERRY FILLING:

1 cup raspberry preserves
1/4 cup crème de cacao

CHOCOLATE-DIPPED RED PEPPERS:

5 oz chocolate melting wafers
8 Fresno chile peppers, room temperature

CHOCOLATE DRIP:

6 oz dark chocolate, chopped
4 oz heavy whipping cream

Per Serving (Cake, Icing and Chile Pepper):
Calories: 1,380, Fat: 85 g (47 g Saturated Fat),
Cholesterol: 245 mg, Sodium: 550 mg,
Carbohydrates: 159 g, Fiber: 9 g, Protein: 11 g.

BAKE THE CAKES

Preheat the oven to 350° F. Prepare the cake mixes according to package directions. Stir one teaspoon of cinnamon powder into each prepared cake batter. Spray two 10-inch pans with baking spray. Pour in the batter. Bake for 25 to 30 minutes or until a skewer comes out clean. Let cool for 10 minutes in the pans before transferring to a rack to finish cooling completely. Slice off the domed tops. Cut each cake into two even layers (four layers total).

MAKE THE FROSTING

Sift together the powdered sugar and cocoa powder. Beat the butter until creamy. Gradually add the sifted mixture followed by the heavy cream, cinnamon powder, vanilla and salt. Beat on high until light and fluffy.

PREPARE THE RASPBERRY FILLING

Stir the raspberry preserves with the crème de cacao to combine.

ASSEMBLE THE CAKE

Spread one-third of the raspberry filling on the first layer of cake and then 1 1/2 cups of frosting. Repeat the process with the remaining cake layers. Refrigerate for one hour. Spread a thin layer of frosting on the sides. Chill for one more hour. Then, finish frosting the sides and the top.

CHOCOLATE-DIPPED PEPPERS

Melt the chocolate wafers in the microwave at half power, stirring every 15 seconds until smooth. Dip each pepper two-thirds of the way into the chocolate. Let the excess drip off. Set the dipped peppers on parchment paper for 15 to 20 minutes.

CHOCOLATE DRIP

Heat the heavy cream in a small saucepan over medium heat (or in the microwave) until it is steaming but not boiling. Pour the hot cream over the chopped chocolate, and let it sit for 2 to 3 minutes to melt. Stir until smooth and glossy. Let cool slightly before drizzling over the edges and top of the cake.

DECORATE

Top with chocolate-dipped peppers and any favorite chocolates.

TASTE & TRADITION

BRING THE HEART OF LOUISIANA TO YOUR HOME
WITH AUTHENTIC SOUTHERN SOUL FOOD.

CAJUN VS. CREOLE VS. BLACKENED: WHAT'S THE REAL DIFFERENCE?

In Louisiana kitchens, spice is more than just flavor. It's also culture. Cajun, Creole and Blackened seasonings share Southern roots. Each one tells its own story though.

CAJUN SEASONING

Bold and rustic, Cajun seasoning layers cayenne pepper, black pepper, onion, garlic and smoked paprika for a fiery, earthy punch: a true taste of Acadiana.

CREOLE SEASONING

Creole seasoning is more refined. It highlights fragrant herbs like thyme and oregano, sweet paprika, onion, and garlic with just a touch of cayenne pepper and black pepper: a taste of New Orleans sophistication.

BLACKENED SEASONING

Popularized by Chef Paul Prudhomme in the 1980s, Blackened seasoning bridges Cajun heat and Creole nuance. Generous paprika creates a smoky, charred crust that is perfect for shrimp, fish or chicken: a taste of Louisiana magic.



THE “HOLY” TRINITY



This is the soul of Louisiana cooking. Onion, green bell pepper and celery form the aromatic trio that is sautéed slowly to build rich, savory flavor. It's the flavorful heart of gumbo, jambalaya and étouffée.

STORAGE

Prepare ahead by chopping and storing the uncooked vegetables.

Refrigerator:

Store airtight for 2 to 3 days

Freezer:

Store airtight for 2 to 3 months

DON'T RUSH IT

1 HEAT THE FAT:

Warm oil or butter in a large skillet or Dutch oven over medium heat.

2 SAUTÉ THE VEGGIES:

Add onion, bell pepper and celery. Stir frequently until soft and translucent (about 8 to 10 minutes).

3 COOK SLOWLY:

Lower heat to medium-low. Cook, stirring often, until deeply softened and lightly caramelized (about 30 to 40 minutes).

4 “THE POPE” (OPTIONAL):

Stir in garlic in the last minute for fragrant flavor.

Cajun Chicken Fricassee

ON THE
COVER



Total Time:

2 hours 30 minutes

Serves: 4

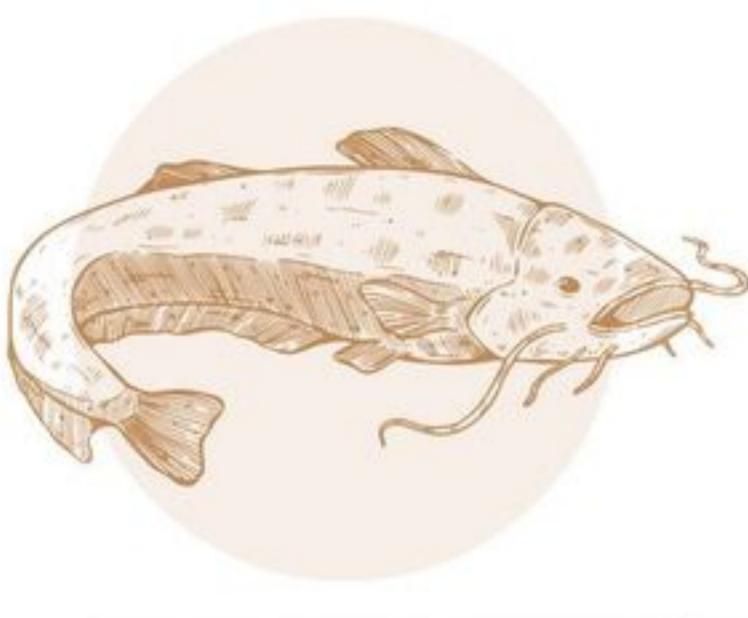
4 chicken legs
4 chicken thighs
4 tsp Cajun seasoning, divided
1 1/3 cups all purpose flour, divided
1/3 cup vegetable oil
1 medium onion, small dice
2 stalks celery, small dice
1 bell pepper, seeded and small dice
1 cup mushrooms, sliced
4 cloves garlic, minced
3 1/2 cups chicken broth, divided
2 Tbs fresh parsley, minced (for garnish)
cooked rice, for serving

Sprinkle the chicken with 3 teaspoons of Cajun seasoning. Dredge lightly in 1 cup of flour, shaking off the excess. Heat the oil in a Dutch oven over medium heat. Brown the chicken for 5 to 7 minutes per side until the skin is crisp. Remove, and set it aside. Add the onions, celery and bell peppers to the pot. Sauté them for 3 to 4 minutes. Add the mushrooms and garlic for 1 to 2 more minutes. Whisk in the remaining 1/3 cup of flour to make a roux. Cook until light brown (about the color of peanut butter). Slowly stir in 2 cups of broth, whisking smooth. Add the remaining teaspoon of Cajun seasoning. Return the chicken to the pot. Add about one more cup of broth (enough to bring the liquid halfway up the pieces). Bring to a simmer. Cover, and cook on low for 45 minutes.

Transfer the chicken to a 200° F oven to keep warm. Skim the fat from the pot. Stir in the remaining 1/2 cup of broth. Boil until reduced by half. Adjust the seasoning, if needed. Spoon the sauce and vegetables onto a platter. Place the chicken on top. Sprinkle with parsley, and serve with rice.

Per Serving:

Calories: 720, Fat: 45 g (9 g Saturated Fat), Cholesterol: 165 mg, Sodium: 1,160 mg, Carbohydrates: 43 g, Fiber: 3 g, Protein: 36 g.



LAYERED WITH SMOKEY SPICE AND RICH CREOLE FLAVOR, THIS ELEGANT TAKE ON BLACKENED CATFISH CELEBRATES THE DEPTH OF LOUISIANA CUISINE.



Blackened Catfish with Creamy Creole Sauce

Total Time: 45 minutes | Serves: 4

CATFISH:

- 4 catfish fillets
- 6 Tbs unsalted butter, melted (divided)
- 2 Tbs blackened seasoning
- 2 Tbs vegetable oil
- 1/2 cup Roma tomatoes, diced (for garnish)
- chopped parsley, for garnish

SAUCE:

- 1 cup heavy cream
- 2 Tbs Creole mustard
- 2 Tbs honey
- 1/2 tsp salt

Per Serving:

Calories: 580, Fat: 52 g (27 g Saturated Fat), Cholesterol: 170 mg, Sodium: 520 mg, Carbohydrates: 12 g, Fiber: 1 g, Protein: 20 g.

Pat the catfish fillets completely dry, and place on a baking sheet lined with foil. Brush both sides of the fish with two tablespoons of the melted butter, and sprinkle both sides with the blackened seasoning.

To make the sauce, combine the heavy cream, Creole mustard, honey and salt in a saucepan. Bring to a boil. Reduce heat to medium. Simmer for 5 to 7 minutes or until reduced by half.

Heat a large cast-iron skillet over high heat until very hot. Add the remaining 4 tablespoons of melted butter and the vegetable oil. Add the catfish. Reduce heat to medium. Cook for 3 to 4 minutes per side until the seasoning blackens slightly but does not burn. Use a wide spatula to gently turn the fillets. When the fish is opaque and flakes easily, transfer to a serving platter.

Serve the fish with warm Creole sauce. Garnish with the diced tomatoes and parsley.

Quaker® Instant Grits

Creole Blackened Catfish and Quaker® Instant Grits make a quick, flavorful duo with true Southern soul.



HEAT MEETS HERITAGE

Genuine bayou flavor rooted in generations

Bold and aromatic, these Louisiana spice blends bring traditional Southern flavor and a touch of smoky richness to seafood, chicken and vegetables. They're perfect for seasoning, grilling or adding a true taste of the bayou to any dish.

CAJUN SEASONING

- 1 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp white pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp paprika

BLA
SEA

1 Tbs
1 tsp
1 tsp
1 tsp
1/2 ts
1/2 ts
1/2 ts
1/2 ts

NOTE
cayenne
addit
seaso



PERFECT PAIRINGS

Seafood

shrimp, catfish, white fish,
crawfish, crab cakes

Proteins

chicken (grilled, roasted or fried),
pork chops, tenderloin, steak

Veggies

potatoes (roasted, mashed or fries),
okra, corn, bell peppers

Sides and Snacks

rice, grains, gumbo or jambalaya bases,
eggs or omelets, popcorn, roasted nuts
for a spicy kick

CREOLE
SEASONING

2 Tbs paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp dried thyme
1 tsp oregano
1 tsp salt
1 tsp cayenne pepper
1 tsp black pepper

CKENED
SONING

paprika
salt
garlic powder
onion powder
sp cayenne pepper
sp black pepper
sp dried thyme
sp oregano

Tip: Add more
cayenne pepper for
additional heat in all
of your recipes.

Cajun Shrimp with Maque Choux (pronounced mahk-shoo)

Total Time: 45 minutes | Serves: 4



SHRIMP:

1 lb large (16/20) shrimp,
peeled and deveined
2 tsp Cajun seasoning
1/4 tsp salt
4 Tbs unsalted butter

MAQUE CHOUX:

3 ears corn
4 Tbs unsalted butter
1/4 cup andouille sausage, small dice
1/2 cup yellow onion, small dice
1/2 cup celery, small dice
1/2 cup bell pepper, small dice
2 Tbs garlic, minced
1 jalapeño, seeded and diced
1/2 tsp dried thyme
1/2 tsp to 1 tsp Cajun seasoning
1/4 tsp salt
1/4 tsp black pepper
1/2 cup Roma tomatoes, seeded
and diced
1/2 cup heavy cream
1/2 cup green onions, finely sliced

Per Serving:
Calories: 550, Fat: 42 g (27 g Saturated Fat),
Cholesterol: 300 mg, Sodium: 630 mg,
Carbohydrates: 21 g, Fiber: 3 g, Protein: 25 g.

Add the shrimp to a large zip-top bag with the Cajun seasoning and salt. Shake gently until the shrimp are evenly coated. Refrigerate briefly while preparing the maque choux (about 10 to 20 minutes).

Cut the corn off the cobs. Scrape any remaining corn milk into a bowl, and set aside. Melt 4 tablespoons of butter in a saucepan over medium heat. Add the sausage. Cook until slightly brown. Add the onions, celery, bell peppers, garlic, jalapeños and thyme. Sauté for 4 to 5 minutes until tender. Stir in the corn. Cook for 5 more minutes. Add the Cajun seasoning, salt and pepper. Add the tomatoes, reserved corn milk and heavy cream. Cook for 5 minutes, stirring occasionally. Stir in the green onions. Transfer the maque choux to a serving bowl.

Wipe out a skillet. Melt the remaining 4 tablespoons of butter over medium heat. Add the shrimp. Cook for 2 to 3 minutes per side until pink and opaque in the center, turning gently with a wide spatula. Arrange the shrimp atop the maque choux. Serve immediately.



**BRING AUTHENTIC CAJUN FLAVORS
TO YOUR TABLE** with succulent shrimp
and a traditional maque choux bursting
with buttery corn and spices.





REGISTRATION OPEN FOR 13TH ANNUAL FRESH 15 RACE BENEFITING LOCAL NONPROFIT ORGANIZATIONS

The 13th annual FRESH 15 race returns to Tyler, Texas, on March 7, 2026. Runners of all levels are invited to participate while supporting dozens of local nonprofit organizations.

FRESH 15 was created with a mission to give back. Each year, 100% of race revenue is donated directly to local communities to promote strength, stability and safety for families. Proceeds from runner registration fees benefit the Brookshire Communities Foundation. It supports local organizations focused on hunger relief, education, health, family well-being, first responders, and military and veteran services. The Foundation provides another meaningful way for Brookshire Grocery Company (BGC) to invest in the communities that it serves.

Over the years, the FRESH 15 race has continued to grow into one of the most anticipated running events. The 12th annual race was record-breaking, raising \$230,000 from runner registration fees. More than 5,000 runners from 23 states and four countries took part in the 15K, 5K and Kids' 1K races. They were joined by thousands of spectators and more than 300 volunteers.

FRESH 15 focuses on the runner experience by offering a safe, spectator-filled course. The BGC Racing team works year-round to ensure that each FRESH 15 race is safe, eventful, memorable and more profitable than the last to better serve local communities.

The 2026 race will begin at 7 a.m. on March 7. The day will end with the annual Party on the Pavement featuring free food and products from vendors.

FRESH 15 is more than a race. It's an experience. FRESH 15 has become a destination event that is widely regarded as the leading 15K in the United States. This is largely thanks to the hundreds of volunteers and vendors who work to make the event extra-special each year.

Since its founding in 2014, FRESH 15 has allowed BGC to donate more than \$1.7 million to local nonprofit organizations all made possible through runner participation.

Spots fill up quickly. Start the new year on the right foot, and register today at FRESH15k.com.

Rooted In Comfort



A creamy roasted carrot soup that wraps you in warmth with every spoonful.

Total Time: 1 hour 30 minutes

Serves: 4

1 lb carrots, peeled and cut into 1 1/2-inch lengths
1/2 medium onion, roughly chopped
4 cloves garlic
1 (1-inch) piece fresh ginger, peeled
2 Tbs olive oil
4 cups homemade or low-salt chicken broth, divided
1 tsp kosher salt
1/2 tsp black pepper
1/2 cup cream

Per Serving:

Calories: 156, Fat: 9 g (2 g Saturated Fat), Cholesterol: 6 mg, Sodium: 741 mg, Carbohydrates: 17 g, Fiber: 3 g, Protein: 4 g.

Heat the oven to 375° F. Scatter carrots, onions, garlic and ginger on a baking sheet. Pour oil over veggies; shake the pan to coat the ingredients. Roast, stirring once halfway through cooking time, until tender and lightly browned (about 1 hour). Place roasted vegetables in blender with one cup of broth. Puree until smooth.

Pour into stockpot. Add remaining broth. Stir and heat through. Adjust consistency and the seasoning by adding additional broth, salt and pepper. Remove from the heat. Add cream. Serve immediately, or chill and reheat when ready to serve. Garnish as desired.

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