Recipe for Shrimp Creole

Ingredients:
- 2 lbs fresh shrimp
- 4 tablespoons corn oil
- 1 medium onion, chopped
- 1/2 cup bell pepper, chopped
- 1/2 cup chopped celery
- 2 cloves garlic, chopped
- 1 8-oz. can tomato sauce
- 2 cups water
- 1/2 cup chopped green onion tops
- 1/2 cup chopped parsley
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 2 tablespoons flour
- 1 bay leaf (optional)

Directions:
1. Heat oil in a large skillet. Stir and cook onion, bell pepper, celery, and garlic until wilted. Add tomato sauce; cook 3 minutes, stirring constantly. Add water; bring to a boil. Reduce heat. Add green onion tops, parsley, and seasonings; simmer 30 minutes.


Serves 4.

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