

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.

2. Mix flour with a little water; stir into sauce. Add bay leaf and shrimp; cook 15 minutes. Discard bay leaf. A thin sauce is desired. Add water if needed. Serve over hot cooked white rice. Serve with green salad and French bread.

Serves 4.

www.rockcreekshrimp.com

From Best of Cajun-Creole Recipes by Theresa Millang