



SHRIMP CREOLE

4 servings | 15 minutes prep time | 30 minutes cook time | 45 minutes total time

INGREDIENTS

4 tablespoons butter, seperated
1 pound andouille sausage
2 yellow onions, diced
2 bell peppers, diced
3 stalks celery, diced
2 bay leaves
1 1/2 pounds tomatoes, peeled, seeded and crushed (can use fresh or canned)
1 tablespoon garlic, chopped
1 1/2 pounds shrimp, peeled and deveined
dash hot sauce
1 tablespoon Worcestershire
1/4 cup SoLA melting pot Creole Seasoning
3/4 cup chopped green onions
1/4 cup fresh parsley, chopped

DIRECTIONS

- 1) Heat 2 tablespoons of the butter in large saucepan over medium heat.
- 2) Add the sausage in a single layer, working in batches as needed, and brown on both sides. Remove and set aside.
- 3) Add the additional 2 tablespoons of butter and melt, scraping up browned bits on bottom of pan. Add onions, peppers, and celery and saute until soft, about 6 - 8 minutes.
- 4) Stir in the bay leaves, tomatoes, and garlic. Bring the mixture to a boil and then reduce to low. Add Worcestershire and hot sauce and simmer for 15 minutes.
- 5) Add the sausage back to the pan, stir to combine, and continue to simmer for 5 minutes.
- 6) Toss the shrimp in the Creole Seasoning and add to the pan. Continue to cook another 5 minutes or until the shrimp turn pink and curl up.
- 7) Stir in the green onions and garnish with parsley. Serve over rice, riced cauliflower, or noodles. Serve hot or at room temperature.