

# Shrimp Creole



## Servings: 6

*4 slices bacon, chopped*  
*2 celery ribs, chopped*  
*1 onion, chopped*  
*2 garlic cloves, minced*  
*1 can crushed tomatoes*  
*1/2 teaspoon chili powder*  
*1/2 teaspoon dried thyme*  
*1 pound cooked shrimp*

Start with a cold, dry pan. Add your chopped bacon strips to the pan. Turn the heat to medium-low. Let it cook undisturbed for a few minutes. Cook until crispy and browned, 8 to 12 minutes. Drain on paper towels and set aside.

To the same pan add celery, onion, and garlic. Sauté over medium heat until the celery is tender about 5 minutes.

Add the bacon back to the pan with crushed tomatoes, chili powder, and dried thyme. Cook uncovered for 20 minutes over medium heat.

Add shrimp and heat through.

Serve on its own or over rice.

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Per Serving (excluding unknown items): 165 Calories; 7g Fat (39.3% calories from fat); 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 270mg Sodium; 2g Total Sugars; trace Vitamin D; 70mg Calcium; 1mg Iron; 332mg Potassium; 225mg Phosphorus. Exchanges: .