

SoLa Seasonings Shrimp Creole

Prep Time: 20 minutes | Cook Time: 1 hour | Makes: 8-10 Servings

Ingredients:

- ½ c. Vegetable oil
- ½ c. All purpose flour
- 3 c. Onions, chopped (approx. 1 large onion)
- 1 c. Bell pepper, chopped
- 1 c. Celery, chopped
- 2 Cloves, garlic, minced
- 2 T. SoLa Cajun Seasoning (use 1T. if you want it milder)
- 1 T. Salt
- 2-3 Bay leaves
- 3 - 14.5 oz cans diced tomatoes
- 2 - 15 oz cans tomato sauce
- 2 c. Water
- 3 lbs. Raw, peeled shrimp

Directions:

To make a quick roux: Whisk vegetable oil and flour in a heat-proof 1 or 2 quart Pyrex measuring bowl. Cover and put in the microwave oven for 5-7 minutes. Check after 4 minutes and stir. Roux should be a dark caramel color when ready.

Transfer roux to a large pot on the stove at med-high temperature. Add onions, bell pepper, celery, garlic and SoLa Cajun Seasoning to the roux and cook until tender but not brown.

Add the diced tomatoes, tomato sauce, water and bay leaves and cover and simmer on med-low temperature for 1 hour, stirring occasionally. Add shrimp and cook about 7-10 min. on med-low temperature.

Serve over rice.