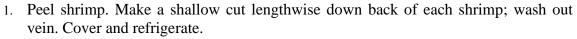
Shrimp Creole

- Prep Time30 min
- Total Time60 min
- Servings6
- 2 lb uncooked medium shrimp in shells, thawed if frozen
- 1/4 cup butter or margarine
- 3 medium onions, chopped (1 1/2 cups
- 2 medium green bell peppers, finely chopped (2 cups)
- 2 medium stalks celery, finely choppe (1 cup)
- 2 cloves garlic, finely chopped
- 1 cup water
- 2teaspoons chopped fresh parsley
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground red pepper (cayenne)
- 2dried bay leaves
- 1 can (15 oz) tomato sauce
- 6cups hot cooked rice



- 2. In 3-quart saucepan, melt butter over medium heat. Cook onions, bell peppers, celery and garlic in butter about 10 minutes, stirring occasionally, until onions are tender.
- 3. Stir in remaining ingredients except rice and shrimp. Heat to boiling; reduce heat to low. Simmer uncovered 10 minutes.
- 4. Stir in shrimp. Heat to boiling; reduce heat to medium. Cover and cook 4 to 6 minutes, stirring occasionally, until shrimp are pink and firm. Remove bay leaves. Serve shrimp mixture over rice.

