Louisiana HARVEST of the MONTH

Shrimp Creole

Home Recipe

Serves: 8
Cook Time: 30 minutes

Ingredients

- 4 Tbsp of unsalted butter
- 1 large onion, diced
- 1 celery rib, diced
- 1 green bell pepper, diced
- 2 garlic cloves, minced
- ½ tsp salt
- ½ tsp thyme
- ½ tsp black pepper
- ½ tsp cayenne pepper
- 1 Tbsp flour
- one 15 ounce can of diced tomatoes
- 1 cup chicken stock
- 2 bay leaves
- Tabasco hot sauce, to taste
- 2 pounds of large uncooked shrimp
- 5 cups of cooked rice for serving

Cooking Instructions

1) Melt the butter in a large skillet over medium heat. Add the onion, celery, bell pepper and garlic and sauté until vegetables are lightly browned. Season with thyme, salt, pepper and cayenne pepper.
2) Sprinkle flour over onion mixture and cook for 2 minutes.
3) Deglaze the pan with wine and then add the chicken stock, tomatoes, bay leaves and hot sauce. Reduce the heat and simmer for 20-25 minutes, stirring occasionally.
4) Remove the bay leaves. Add the shrimp and cook until pink,3 to 5 minutes.
5) Serve over rice and garnish with green onion.

Nutrition Facts

servings per container
Serving size (259g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 950mg	41%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 0mg	0%
Potassium 324mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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