
SHRIMP CREOLE

INGREDIENTS:

1 pound fresh Shrimp, peeled and deveined	½ Lemon, cut in thin slices
3 medium Onions, chopped	½ tsp. Basil
1 large Bell Pepper, chopped	¼ tsp. Thyme
6 toes of Garlic, minced	¼ tsp. Marjoram
2 ribs Celery, chopped	3 Bay Leaves, cracked
1 (6 oz.) can Tomato Paste	2 dashes Tabasco
1 (6 oz.) can Tomatoes or 16 fresh Tomatoes	3 large Shallots, chopped
1 ½ T. Flour	One-third cup fresh Parsley, chopped
1 tsp. Honey	Rice if desired

DIRECTIONS:

1. Put onions in pot and sauté until they are transparent.
2. Add flour. Mix well.
3. Add tomatoes, finely chopped, mashed, or blended, along with the liquid from the can and the tomato paste.
4. Bring to a simmer over medium heat.
5. Add garlic, celery, bell pepper, and lemon.
6. Simmer for a few minutes. Then add honey, basil, thyme, marjoram, and bay leaves.
7. Let simmer for about 40 minutes over low heat with skillet covered. Stir occasionally.
8. Add shrimp and Tabasco. Stir and cook about 3 minutes.
9. Add shallots and cook 2 minutes more.
10. Add parsley and simmer for approximately 1 minute.
11. Serve, over rice if desired.

CATHERINE'S NOTES

4 servings

230 calories per serving with ½ cup rice.