

Shrimp Creole III

*Mrs. William D Wall IV and Mrs. Clifton Morris Jr
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

Servings: 10

*1/4 cup flour
1/4 cup bacon grease
1 1/2 cups onions, chopped
1 cup green onions, chopped
1 cup celery with leaves, chopped
1 cup bell pepper, chopped
2 cloves garlic, minced
1 can (6 ounce) tomato paste
1 can (16 ounce) chopped tomatoes with liquid
1 can (8 ounce) tomato sauce
1 cup water
5 teaspoons salt
1 teaspoon pepper
1/2 teaspoon red pepper (optional)
Tabasco sauce (to taste)
2 to 3 bay leaves
1 teaspoon sugar
1 teaspoon Worcestershire sauce
1 tablespoon lemon juice
4 pounds raw shrimp, peeled and deveined
1/2 cup fresh parsley, chopped
2 to 3 cups cooked rice*

In a large heavy roaster, make a dark brown roux of the flour and bacon grease. Add the onions, green onions, celery, bell pepper and garlic. Saute' until soft, about 20 to 30 minutes.

Add the tomato paste and mix well with the vegetables. Add the tomatoes and tomato sauce, water, salt, pepper, red pepper, Tabasco sauce, bay leaves, sugar, Worcestershire sauce, and lemon juice. Simmer very slowly for one hour, covered, stirring occasionally.

Add the shrimp and cook until done, 5 to 15 minutes. This should sit awhile. (It is much better if made the day before.)

If made the day before, reheat but do not boil. Simmer. Add parsley just before serving. Serve over rice.

(This dish freezes well.)

Per Serving (excluding unknown items): 146 Calories; 6g Fat (33.7% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 1357mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	146	Vitamin B6 (mg):	.5mg
% Calories from Fat:	33.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	58.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	46mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Daily Value*	0.0%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	1357mg	Vegetable:	1 1/2
Potassium (mg):	350mg	Fruit:	0
Calcium (mg):	40mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	850IU		
Vitamin A (r.e.):	85RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 146 Calories from Fat: 49

% Daily Values*

Total Fat	6g	9%
Saturated Fat	2g	12%
Cholesterol	5mg	2%
Sodium	1357mg	57%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	9%
Protein	3g	
Vitamin A		17%
Vitamin C		49%
Calcium		4%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.