
Shrimp Creole IX

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 1/2 pounds frozen shrimp
1 teaspoon caraway seed
1/3 cup butter
1 cup celery, finely chopped
1 medium onion, chopped
1 medium green pepper, cut in strips
1 can (8 ounce) tomato sauce
2 cups tomato juice
1 teaspoon salt
3 tablespoons cornstarch
1/2 cup tomato juice
1/2 teaspoon celery seed
1/4 teaspoon garlic salt
1 can (4-1/2 ounce) mushrooms, drained
cooked rice

In a saucepan, cook the shrimp in boiling water with the caraway seed for 15 minutes. Drain and set aside.

Melt the butter in a saucepan. Add the onion, celery and green poepper. Cook for 5 minutes. Add the tomato paste, two cups of tomato juice and salt.

In a bowl, combine the cornstarch with one-half cup of tomato juice, celery seed and garlic salt. Simmer all together for 10 minutes in a covered pan.

Add the mushrooms and shrimp and simmer over low heat for 30 minutes or so.

Serve over rice.

Seafood

Per Serving (excluding unknown items): 153 Calories; 10g Fat (58.0% calories from fat); 2g Protein; 15g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 1177mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 2 Fat; 0 Other Carbohydrates.