
Shrimp Creole Louisiane

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

1/2 cup onion, chopped
1/2 cup celery, chopped
1 clove garlic, minced
3 tablespoons shortening
1 can (16 ounce) tomatoes
1 can (8 ounce) tomato sauce
1 1/2 teaspoons salt
1 teaspoon sugar
1 tablespoon Worcestershire sauce
1/2 to one teaspoon chili powder
dash Tabasco sauce
2 teaspoons cornstarch
1 tablespoon cold water
1 1/2 pounds frozen shelled shrimp, thawed
1/2 cup green pepper, chopped
cooked rice

In a skillet, cook the onion, celery and garlic in shortening until tender, but not brown.

Add the tomatoes, tomato sauce, salt, sugar, Worcestershire sauce, chili powder and Tabasco sauce. Simmer for 45 minutes. Mix the cornstarch with water and stir into the sauce.

Cook and stir until the mixture thickens and bubbles. Add the shrimp and green pepper. Cover and simmer for 5 minutes.

Serve over cooked rice.

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 564 Calories; 40g Fat (60.5% calories from fat); 7g Protein; 52g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 4933mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Vegetable; 8 Fat; 1/2 Other Carbohydrates.