

Shrimp Creole VII

Dolly Cannon - Mt. Pleasant, SC

Treasure Classics - National LP Gas Association - 1985

Yield: 10 to 12 servings

*3 to 4 strips bacon, cooked
crisply*

1 medium onion

1 small green pepper

1 cup celery, chopped

1 can (16 ounce) tomatoes

*1 can (6 ounce) tomato
paste*

1 can (6 ounce) water

Tabasco sauce (to taste)

salt (to taste)

pepper (to taste)

garlic salt (to taste)

3 cups raw shrimp, peeled

3 cups cooked white rice

Preparation Time: 20 minutes**Cook Time: 40 minutes**

In a skillet, fry the bacon. Crumble and set aside.

Into the bacon fat, add the onion, green pepper and celery. Cook slowly until just soft. Add tomatoes and tomato paste, water, Tabasco, salt and pepper. Let simmer slowly to thick consistency for 30 minutes. Add bacon.

Fifteen minutes before serving, add the raw shrimp.

Serve over cooked rice.

Per Serving (excluding unknown items): 1056 Calories; 13g Fat (10.6% calories from fat); 30g Protein; 208g Carbohydrate; 15g Dietary Fiber; 16mg Cholesterol; 1477mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 9 1/2 Vegetable; 1 1/2 Fat.