
Shrimp Creole X

*Stickney Point Fishery Restaurant - Siesta Key, FL
Sarasota`s Chef Du Jour - 1992*

Servings: 4

1 large onion, chopped into medium size pieces
1 large green pepper, chopped medium size
2 large stalks celery, chopped larger size
1/4 cup olive oil
4 medium large tomatoes, peeled and chopped
2 cups Knorr's fish bouillon
pinch cayenne
2 bay leaves
1 teaspoon basil
1 teaspoon Worcestershire sauce
2 pounds large shrimp, peeled and deveined

In a large pot, saute' the onion, pepper and celery in oil for 5 minutes.

Add the tomatoes, fish stock, cayenne, bay leaf and basil. Simmer on low for 45 minutes.

Add the shrimp and continue simmering for about 10 minutes.

Serve over white rice.

Seafood

Per Serving (excluding unknown items): 410 Calories; 18g Fat (39.8% calories from fat); 48g Protein; 13g Carbohydrate; 3g Dietary Fiber; 345mg Cholesterol; 378mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.