

# Shrimp Creole

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 4

4 teaspoons safflower oil  
1 large onion, thinly sliced  
2 cloves garlic, finely chopped  
1 tablespoon flour  
1 tablespoon chili powder  
1 1/4 pounds large shrimp, peeled, deveined if necessary and the shells reserved  
1 cup vermouth  
1/2 cup rice  
3 Italian or other mild green peppers, seeded, deribbed and cut lengthwise into thin strips  
1 stalk celery, thinly sliced on the diagonal  
1 1/2 pounds ripe tomatoes with their juice OR one can (14 ounce) unsalted tomatoes, chopped with their juice, peeled, seeded and coarsely chopped  
1/4 teaspoon file' powder (optional)  
1/4 teaspoon salt  
1 ounce lean ham (optional), julienned

## Preparation Time: 35 minutes

Heat two teaspoons of the oil in a heavy-bottomed pot over medium heat. Add the onion slices and cook them, stirring frequently, until they are browned - 8 to 10 minutes. Remove half of the slices and set them aside.

Add the garlic and cook it for 1 minute. Stir in the flour and chili powder, then the shrimp shells, vermouth and one cup of water. Bring the liquid to a simmer. Reduce the heat to medium low, cover the pot and cook the mixture for 20 minutes to make a flavorful base for the stew.

Meanwhile, bring one cup of water to a boil in a small saucepan. Add the rice, stir once and reduce the heat to maintain a simmer. Cook the rice, covered, until the rice is absorbed - about 20 minutes. Set the rice aside while you finish the stew.

Heat the remaining two teaspoons of oil in a large, heavy-bottomed skillet over medium-high heat. Add the shrimp to the skillet and saute' them, stirring, for 2 minutes. Stir in the peppers and celery and cook them for 1 minute. Add the tomatoes, the reserved onion slices and the file' powder if you are using it. Strain the stew base into the skillet and add the rice. Gently simmer the stew for 5 minutes. Stir in the salt and garnish the stew with the ham, if you are using it, just before serving.

Start to Finish Time: 1 hour 15 minutes

*File' powder, used to flavor and thicken Creole soups and stews, is made from dried young sassafras leaves*

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Per Serving (excluding unknown items): 391 Calories; 8g Fat (22.0% calories from fat); 31g Protein; 29g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 390mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	391	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	22.0%	<b>Vitamin B12 (mcg):</b>	1.6mcg
<b>% Calories from Carbohydrates:</b>	37.3%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	40.7%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	8g	<b>Folacin (mcg):</b>	17mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	89
<b>Cholesterol (mg):</b>	216mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	29g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	31g		
<b>Sodium (mg):</b>	390mg		
<b>Potassium (mg):</b>	423mg		
<b>Calcium (mg):</b>	102mg		
<b>Iron (mg):</b>	5mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	924IU		
<b>Vitamin A (r.e.):</b>	143 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	4
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	391	<b>Calories from Fat:</b>	86
<b>% Daily Values*</b>			
<b>Total Fat</b>	8g		12%
Saturated Fat	1g		5%
<b>Cholesterol</b>	216mg		72%
<b>Sodium</b>	390mg		16%
<b>Total Carbohydrates</b>	29g		10%
Dietary Fiber	2g		7%
<b>Protein</b>	31g		
<b>Vitamin A</b>			18%
<b>Vitamin C</b>			12%
<b>Calcium</b>			10%
<b>Iron</b>			27%

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