

# Shrimp Etoufe`e

Carolee Griffith - Newton, IL

Treasure Classics - National LP Gas Association - 1985

## Servings: 4

*2 pounds fresh shrimp,  
peeled  
salt (to taste)  
pepper (to taste)  
cayenne pepper (to taste)  
3 tablespoons oil  
1 cup onions, chopped  
1/2 cup green pepper  
1/2 cup celery, chopped  
garlic salt  
1 tablespoon cornstarch  
1 1/2 cups water  
1 1/2 cups cooked rice*

## Preparation Time: 15 minutes

## Cook Time: 35 minutes

Split the shrimp (after peeling). Season with salt, pepper and cayenne. Set aside.

In a saucepan, melt the oil. Add the onions, green pepper, celery and garlic. Cook in the open pot until the onions wilt.

Add the shrimp and let simmer, stirring occasionally for 20 minutes.

Dissolve the cornstarch in water. Add to the mixture. Cook for another 15 minutes, stirring occasionally.

Serve over rice.

---

Per Serving (excluding unknown items): 451 Calories; 14g Fat (29.6% calories from fat); 48g Protein; 28g Carbohydrate; 2g Dietary Fiber; 345mg Cholesterol; 355mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 2 Fat.