

# Louisiana Bayou Shrimp Stew

Terri Reid

Local 1155 Women's Committee Cookbook, Alabama

## Servings: 6

*3 pounds shrimp, shelled  
and deveined*

*3 onions, chopped fine*

*3 cups cream of tomato  
soup*

*3 cups water*

*3 tablespoons flour*

*6 bay leaves*

*salt (to taste)*

*pepper (to taste)*

*6 drops Tabasco sauce*

*1 slice lemon*

*6 tablespoons bacon  
grease*

*1 small glass sherry*

In a saucepan, slowly brown the flour in the bacon grease. Add the onions. Saute' until tender. Add the soup and seasonings. Cook slowly for 45 minutes.

Add the water and shrimp. Cook for 45 minutes.

Add the sherry.

Serve with boiled or steamed rice.

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Per Serving (excluding unknown items): 403 Calories; 17g Fat (39.8% calories from fat); 47g Protein; 11g Carbohydrate; 1g Dietary Fiber; 358mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat.