

SHRIMP CREOLE



2 tablespoons olive oil
1 cup chopped onions
1 cup chopped bell pepper
1 cup chopped celery
1 tablespoon minced garlic
2 tablespoons minced fresh parsley
½ teaspoon salt
¼ teaspoon black pepper
dash of cayenne pepper
1 can (29 oz.) tomato sauce
1 can (29 oz.) diced tomatoes
1 pound frozen shrimp, thawed

In 5 quart pan, sauté onion, bell pepper and celery in the olive oil over medium heat until the onion is transparent. Add the garlic and sauté 1 more minute.

Remove from heat; stir in parsley, salt, pepper, cayenne tomato sauce and diced tomatoes.

Simmer 10 minutes. Add thawed shrimp. Bring mixture to a boil; cook covered over medium heat 5 minutes.

Serve over cooked rice.

Makes 4-6 servings.