

Shrimp Creole

Rue:

1 pound peeled shrimp
5 tablespoons shortening
1/4 cup flour

Creole:

1 onion
1 bunch green onions
1/4 cup bell pepper
1 clove garlic
1 can 8 ounce tomato sauce
1 10 ounce can of Rotel tomatoes
1 tablespoon Worcestershire sauce

Melt shortening. Add flour. This is your rue. Next, mix the onion, green onions, bell pepper, garlic, tomato sauce, Rotel tomatoes and Worcestershire sauce together. Add shrimp and cook with rue. Serve over rice. A substitution you can make is using brown rice instead of white rice. Enjoy!

Laura Ashley Childress

Intermediate - Main Dish