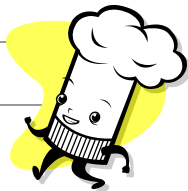

Shrimp Creole - serves 4



Ingredients:

- 1 ½ cup Onion chopped
- 1 cup Celery, chopped
- 2 Medium green peppers chopped
- ¼ cup Butter or margarine
- 1 15 oz can of tomato sauce
- ¾ cup Water
- 2 tp Parsley minced
- 1 tp Salt
- ½ tp Black pepper
- ½ tp Cayenne pepper or more for you liking
- 2 Bay leaves chopped/crushed
- 4 cup Rice
- 2-4 Cloves of garlic
- 1 lb Fresh or frozen cleaned shrimp

Directions:

Saute' celery, green pepper, onion and garlic in butter until onion is tender. Remove pan from stove and add tomato sauce, water and all the seasonings,,, stir well. Return to stove and heat to a boil then reduce heat until it just simmers for about 10 minutes.

If needed, add more water then stir in shrimp medium to low for about 10 minutes or until shrimp are pink and tender. Dip out and pour over hot rice.