
Shrimp Creole VIII

Michelle Lewis - Hudson's West Lansing

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 large onion, chopped
1/2 green bell pepper, chopped
3 cloves garlic, chopped
1/4 cup butter
1 can (8 ounce) tomato sauce
1 cup water
1 bay leaf
1/2 teaspoon sugar
1/4 to 1/2 teaspoon red pepper
1/4 teaspoon lemon juice
1/4 teaspoon hot pepper sauce
seasoned salt
black pepper
2 pounds raw shrimp, peeled
1 tablespoon chopped parsley
hot cooked white rice

In a five-quart Dutch oven, saute' the onion, green pepper and garlic in butter until limp. Stir in the tomato sauce, water, bay leaf, sugar, red pepper, lemon juice, hot pepper sauce, seasoned salt and black pepper. Heat to boiling.

Reduce the heat. Simmer for about 30 minutes. Add the shrimp and the parsley. Cover.

Cook for 25 minutes or until the shrimp are tender. Remove the bay leaf.

Serve over rice.

Seafood

Per Serving (excluding unknown items): 570 Calories; 47g Fat (70.1% calories from fat); 6g Protein; 38g Carbohydrate; 7g Dietary Fiber; 124mg Cholesterol; 1997mg Sodium. Exchanges: 6 Vegetable; 0 Fruit; 9 Fat; 0 Other Carbohydrates.