

Shrimp Creole

½ Cup Vegetable Oil

1 Cup Coarsely Chopped Green Pepper

2 Cups Coarsely Chopped Onion

1 Cup Coarsely Chopped Celery

2 Tbs. Minced Garlic

2 Cups Whole Tomatoes

2 Tbs. Paprika

1 Tsp. Cayenne

1 Tsp. Salt

2 Tsp. White Pepper

3 Cups Water

2 Bay Leaves

4 Tbs. Corn Starch

1 ½ Pounds Large Shrimp or 3 Pounds Small Shrimp

Peel and devein shrimp. Heat vegetable oil and sauté first four ingredients until tender, add tomatoes and cook 3-4 minutes. Stir in paprika, cayenne, salt, pepper, water and bay leaf. Simmer 15 minutes. Add shrimp and continue to cook an additional 15 minutes. Thicken with cornstarch mixed in cold water. Serve with hot fluffy rice. (Serves 4)

(Adjust seasonings to taste.)