

# 1 Pot Shrimp Creole

Servings: 4

## INGREDIENTS

20 OUNCES FROZEN, MEDIUM “TAIL OFF” SHRIMP  
5 TBSP FLOUR  
2 TBSP BUTTER  
1 ONION, DICED  
2 CLOVES GARLIC, CHOPPED  
2 TBSP DRIED CELERY FLAKES  
2 TSP DRIED PARSLEY  
2 CANS TOMATOES  
¼ TSP RED PEPPER FLAKES  
3 BAY LEAVES  
1 TSP THYME  
1 TSP SAGE  
2 TSP WORCESTERSHIRE  
1 TSP TOBASCO  
2 CUPS QUICK COOKING BROWN RICE,  
COOKED ACCORDING TO PACKAGE



## DIRECTIONS

**STEP 1:** In large pot, make roux by melting butter and stirring in flour. Add onion, celery, followed by shrimp, tomatoes, garlic, and parsley. Simmer 30 minutes.

**STEP 2:** Add ¼ tsp red pepper, 3 bay leaves, 1 tsp thyme, 1 tsp sage, 2 tsp salt, dash oregano, and optional dash of cayenne pepper. Simmer 2-3 hours.

**STEP 3:** Before serving, add 2 tsp Worcestershire or 1 tsp Tabasco. Serve with 1/3 cup brown rice

**GF** Use 1 tsp cornstarch in place of flour.

**V** Skip the shrimp and use diced zucchini or yellow squash.

Nutrition per Serving: Calories 479, Fat 10g, Carbs 46g, Fiber 2g, Sugars 6g, Protein 42g