

# Shrimp Creole

## Ingredients

- 1 1/2 lb Peeled and deveined shrimp
- 1 cup onions, chopped
- 1/2 cup green bell pepper, chopped
- 4 cloves garlic, minced
- 1/2 cup oil
- 6 can tomato sauce
- 6 can tomato paste
- 1 tsp sugar
- 1 cup Green onion tops
- 1 cup celery, chopped
- 3 cups water
- salt to taste
- black pepper to taste
- red pepper to taste

## Summary

**Yield:** 4

**Source:** Nell Hutchins

**Prep Time:** 20 minutes

**Category:** Main Dish

**Cuisine:** Creole

## Instructions

Season shrimp with salt, black pepper and red pepper. Set aside. Heat oil in a heavy pot over medium heat.

Sauté onions and celery in oil until onions are clear. Add tomato paste and sauté another five minutes stirring constantly.

Add tomato sauce and 2 cups of water. Cook 40 minutes or until oil comes to top, stirring occasionally. Use more water if sauce gets too thick.

Add shrimp, bell peppers, garlic, sugar, salt, black and red pepper. Cook 30 minutes until shrimp is tender. Serve over rice. Sprinkle with chopped onion tops.

## Notes

This recipe was found in the Hungry Firemen's Cookbook - Joaquin Volunteer Fire Department - Ladies Auxiliary in the Joaquin, Texas and submitted by Cindy Carswell.