

## MORTON & BASSETT SPICES®

# *Shrimp Creole*



- 1/4 cup vegetable oil
- 2 cups chopped onions
- 1 up chopped green bell pepper
- 1 cup chopped celery
- 4 cups peeled seeded & chopped plum tomatoes
- 1 tablespoon Morton & Bassett chopped garlic
- 2 Morton & Bassett bay leaves
- 2 lbs large shrimp, peeled & deveined
- 2 tablespoons flour, mixed with 1/4 cup cold water
- 6 cups cooked white rice
- 1/2 cup chopped green onion
- salt, to taste

In a large saute pan, heat the oil. When the oil is hot, add the onions, saute for 2-3 minutes.

Season with salt and cayenne. Stir in the peppers and celery. Saute for 2 minutes, or until the vegetables start to wilt.

Stir in the tomatoes and garlic, saute for 2 minutes longer. Season the vegetables with salt and cayenne.

Stir in the water and bay leaves. Bring the liquid up to a boil and reduce the heat. Simmer for 20 minutes.

Add the shrimp and saute for 2-3 minutes. Stir in the flour mixture and simmer for 2 minutes, or until the sauce starts to thicken. Stir in the green onions.



[mortonbassett.com](http://mortonbassett.com)

