

Shrimp Creole

2-1/2 lb raw shrimp (thawed, if previously frozen)

4 tablespoons vegetable oil or shortening

1/3 cup flour

¾ cup chopped onion

½ cup bell pepper

½ cup chopped celery

1 can (14 oz) tomato sauce

1-3/4 cups hot water

½ tspn dried thyme

1 bay leaf

2 teaspoons sugar

1 clove minced garlic

Salt and pepper to taste

2 Tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes

Peel and rinse shrimp. In large skillet saute' shrimp for 5 min or until pink. Remove from pan and set aside, add flour to pan and brown lightly. Add onion, bell pepper, celery*; saute' til tender. Add tomato sauce, water, thyme, bay leaf, sugar, garlic, salt, and pepper. Stir well and simmer in covered pan for 20 min, stirring occasionally. Add shrimp and cook til tender (probably 5 min). Add parsley just before serving.

Serve over hot white rice.

NOTE: In New Orleans cooking, onion, bell pepper, celery is referred to as the "Holy Trinity."