

Louisiana

20-Minute Shrimp Creole

Featured Food: Shrimp

Makes: 4 servings

Ingredients

- 1 tablespoon oil
- 1 can no salt added diced tomatoes (14.5 ounces)
- 1 cup chili sauce
- 1 large green pepper? (chopped)
- 2 medium celery stalks? (chopped)
- 1 medium onion?(chopped)
- 2 garlic cloves?(minced)
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ¼ teaspoon cayenne pepper
- 1 pound shrimp



Directions

1. Heat pan over medium heat. Add oil.
2. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, and cayenne pepper.

3. Bring to a boil; reduce heat to low and simmer for 10 minutes. Add the shrimp. Cover the pan and cook for about 5 minutes until the shrimp is cooked through.
4. Serve over hot, cooked rice or whole wheat pasta.

Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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