

Easy Shrimp Creole (seafood)

Prep: 15 mins. Cook: 25 mins. Servings: 6-8

Ingredients

2 T. butter
2 T. canola oil
1 c. onions, chopped
¼ c. celery, chopped
4 cloves garlic, minced
1 T. Cajon seasoning
¼ tsp. red pepper
1 (15 oz.) can tomato sauce
1 c. water
1 T. Worcestershire sauce
2 lbs. large shrimp
hot sauce, optional
Salt/pepper to taste
3 T. fresh parsley, chopped
Cooked rice, for serving



Instructions

1. Cook rice according to package instructions.
2. In a large pot or Dutch oven, combine canola oil and butter over a medium heat until melted.
3. Add in the onions and celery, cook until they are soft, about 10 mins.
4. Stir in minced garlic, Cajun seasoning, add in the tomato sauce, water and Worcestershire sauce.
5. Bring mixture to a boil, then reduce heat to low and simmer uncovered for 8 minutes until the sauce slightly thickens.
6. Add in the shrimp, cook for 1-2 minutes until they are opaque. Flip shrimp halfway through to ensure even cooking.
7. Taste and add hot sauce, salt and pepper to taste. Sprinkle with parsley.
8. Serve the creole over fluffy cooked rice.

Chef Tip: Adjust the level of Cajun seasoning and hot sauce to your heat preference. Start with less and gradually increase.