

# Shrimp Creole from The Southern Slow Cooker

Yield: 6 min  
Total Time: 380 min

Recipe from: <https://www.recipeschoose.com/recipes/creole-fried-rice-recipe-southern-living>

## Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 4 cloves garlic minced
- 16 ounces diced tomatoes
- 8 ounces tomato sauce
- 1/4 teaspoon dried thyme
- 1 teaspoon sugar
- 1 teaspoon worcestershire sauce
- 1 teaspoon chili powder
- 1/4 teaspoon salt plus more to taste
- 1/4 teaspoon cayenne pepper
- 2 bay leaves
- 1/2 cup green bell pepper diced
- 1 pound medium size shrimp peeled and deveined
- salt
- black pepper
- long grain rice Steamed, for serving
- chives optional
- hot sauce for serving

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 120 milligrams
4. Fat: 7 grams

5. Fiber: 4 grams
  6. Protein: 18 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 570 milligrams
  9. Sugar: 8 grams
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