

Shrimp Etouffee II

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-etouffee-ii-recipes>

Ingredients:

- 1/4 cup margarine
- 1/2 cup chopped onion
- 1/2 cup green onion chopped
- 1/2 cup chopped green bell pepper
- 4 cloves minced garlic
- 1/2 cup celery diced
- 1/2 cup fresh parsley chopped
- 3 tablespoons tomato paste
- 10 3/4 ounces condensed cream of chicken soup
- 1 pound shrimp cleaned
- salt to taste
- 1/4 teaspoon hot pepper sauce to taste
- 1/4 teaspoon cayenne pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 120 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 720 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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