

Shrimp Creole IV

Yield: 6 min
Total Time: 135 min

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

Ingredients:

- 3 pounds medium shrimp peeled, deveined and shells reserved
- 1/2 onion chopped
- 1 carrot finely chopped
- 2 strips celery chopped
- 4 cups water
- 1/3 cup bacon grease
- 2 onions chopped
- 2 strips celery chopped
- 1 tablespoon minced garlic
- 1 chopped green bell pepper large
- 2 bay leaves
- salt to taste
- 1 1/2 teaspoons ground black pepper freshly
- 2 teaspoons brown sugar
- 1 teaspoon cayenne pepper
- 1 teaspoon hot pepper sauce e.g. Tabasco™, or to taste
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 4 tomatoes chopped
- 2 cups tomato sauce canned
- 1 cup green onion chopped

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 355 milligrams
4. Fat: 19 grams
5. Fiber: 6 grams

6. Protein: 49 grams
7. SaturatedFat: 5 grams
8. Sodium: 880 milligrams
9. Sugar: 14 grams

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