

Make-Ahead Creole-Style Shrimp Etouffee

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 1/4 cup unsalted butter plus 1 tbsp, divided; see Recipe Note #1
- 1/4 cup flour
- 1 cup onion diced small
- 1/2 cup celery diced small
- 1/2 cup green bell pepper diced small
- 3 cloves garlic finely minced
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon cayenne optional: leave out if you're sensitive to spicy food
- 1 teaspoon Creole seasoning or Cajun, plus 1/2 tsp more for seasoning the shrimp, optional, see Recipe Note #2
- 2 bay leaves
- 14 ounces canned diced tomatoes with their juice
- 1 cup shrimp stock or use chicken stock
- 1 pound shrimp peeled, deveined, cleaned, and patted dry, I like the 31–40 count size
- 1 tablespoon vegetable oil or a light coating of cooking spray; see Recipe Note 3
- chopped parsley
- scallions sliced
- lemon wedges
- Louisiana Hot Sauce I like Crystal

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 205 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 28 grams

7. SaturatedFat: 7 grams
 8. Sodium: 410 milligrams
 9. Sugar: 2 grams
-

Thank you for visiting our website. Hope you enjoy Make-Ahead Creole-Style Shrimp Etouffee above. You can see more 20 southern shrimp etouffee recipe [Unlock flavor sensations!](#) to get more great cooking ideas.