

Riverview Wellness Center

RECIPES

Recipe for: Shrimp Creole

Ingredients:

1 Tablespoon Olive Oil
1 Tablespoon all-purpose flour
1 rib of uncooked celery, chopped
1 small uncooked onion, chopped
1 clove medium garlic, minced
1 medium green pepper, chopped
14.5 oz. canned diced tomatoes, drained
2 Tablespoons canned tomato paste
¼ cup red wine
1 cup fat free chicken broth
1 bay leaf
1/8 teaspoon smoked paprika
¼ teaspoon dried basil
¼ teaspoon dried oregano
½ teaspoon table salt
¼ teaspoon black pepper
1 pound uncooked shrimp, peeled and deveined
2 Tablespoons uncooked scallions, minced
1 Tablespoon fresh parsley, minced
1 Tablespoon fresh lemon juice
2 cups cooked brown rice

Preparation:

-Heat oil in a large skillet; stir in flour and cook over low heat, stirring occasionally, until mixture is smooth, about 5 minutes.
-Stir in celery, onion, garlic and green pepper; sauté 5 minutes.
-Add canned tomatoes, tomato paste, wine, broth, bay leaf, paprika, basil, oregano, salt and pepper. Bring to a boil; reduce heat to low.
-Stir in shrimp and simmer 5 minutes.
-Stir in scallions, parsley and lemon juice; simmer 1 minute.
-Remove bay leaf.
-To serve, spoon ½ cup of rice into each of 4 bowls and top each with about 2 cups of shrimp creole.