

Shrimp Creole

6-8 Servings

Ingredients

2 celery ribs, sliced
1 medium onion, chopped
½ green pepper, chopped
½ red bell pepper, chopped
4 to 5 cloves garlic, minced
½ teaspoon dried thyme, crushed
3 tablespoon olive oil

Instructions

1. In a sauté pan, cook celery, onion, green pepper, red bell pepper, garlic and thyme in oil until tender (about 10 minutes).
2. Stir in crushed tomatoes, broth, hot pepper sauce, salt and pepper.
3. Heat to boiling.
4. Reduce heat to low; cover and simmer for 5 minutes.

1 (16-ounce) can crushed tomatoes (low sodium)
½ cup chicken broth
2 to 3 teaspoon hot pepper sauce
Salt and pepper to taste
2 pounds shrimp, shelled and deveined
2 cups cooked brown rice



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5. Add shrimp; cook until shrimp are done, about 5 minutes.
6. Serve over hot rice.

Recipe courtesy of Denine Rogers MS, RDN, LD, FAND, Integrative & Functional Registered Dietitian Nutritionist and Owner of Living Healthy. Oldways photo.

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