

Shrimp Creole Stew

Start-to-Finish: 50 minutes

Hands-On Time: 25 minutes

Serves 4 to 6

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic
- 1 green bell pepper
- 1 medium onion
- 1 stalk celery
- 1 tablespoon Creole seasoning (*see below*)
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 cup chicken broth
- 14-oz can diced fire roasted or diced tomatoes
- 8-oz can tomato sauce
- 1 tablespoon hot sauce or to taste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- 8-oz smoked sausage, sliced
- 1-lb peeled and deveined medium shrimp
- Hot rice as an accompaniment
- Thinly sliced green onions as garnish

Method

1. On a large cutting board, mince the garlic, dice the pepper and onion and thinly slice the celery.
2. Heat a 12-inch skillet over medium-high heat and add the oil. When the oil shimmers, add the vegetables, Creole seasoning, salt and pepper and cook, stirring occasionally until the vegetables start to soften, about 4 minutes.
3. Add the broth, tomatoes, tomato sauce, hot sauce, Worcestershire, sugar and sausage and bring to a simmer. Cover, reduce the heat to low and simmer for 20 minutes to blend flavors.
4. Stir in the shrimp, cover and cook another 3 minutes or until the shrimp is cooked and opaque. Taste for seasoning and adjust with more salt, pepper or Creole seasoning.
5. Divide the hot rice among shallow bowls and top with Creole stew. Garnish with green onions.