

SHRIMP ETOUFFEE

- 1 1/2 sticks (12 tablespoons) butter
- 4 cups chopped onions
- 2 cups chopped bell peppers
- 2 cups chopped celery
- 2 teaspoons chopped garlic
- 2 pounds medium shrimp, peeled and deveined – I actually think it needs about 1/2 pound more.
- 2 teaspoons salt
- 1/2 teaspoon cayenne
- 2 tablespoons flour
- 2 cups water (I use seafood stock – organic section @ Price Chopper)
- 1 can of cream of celery soup (or mushroom, shrimp, etc..)
- 6 tablespoons chopped parsley
- 1/2 cup chopped green onions

Melt the butter in a large skillet over medium heat. Add the onions, bell peppers, and celery and sauté until soft and golden, about 10 minutes. Add the garlic and cook for 2 minutes. Add the shrimp, salt, and cayenne and cook for about 4 minutes, or until the shrimp turn pink.

Dissolve the flour in the water and add to the shrimp mixture. Add the can of soup to the mixture (undiluted) Stir until the mixture thickens slightly. Reduce heat to medium-low and simmer for 6 to 8 minutes, stirring occasionally. Add the parsley and green onions. Stir and cook for about 2 minutes more.

Serve right away.

Yield: 4 to 6 servings

Notes –

- I let cook for about 15 to 20 minutes at the end – I just think it taste better.
- The crock pot at Ski Patrol was double this recipe.