



## [New Orleans Shrimp Creole Recipe](#)

Recipe found on [AnnsEntitledLife.com](http://AnnsEntitledLife.com)

Prep Time: 30 minutes

Cook time: 45 minutes

### Ingredients:

- 3 TBSP Olive Oil
- 2 cups Onion, finely chopped
- 1 Celery Stalk, chopped
- 1 cup Bell Pepper, chopped
- 8 Garlic Cloves, minced
- 1 (28oz can) Diced Tomatoes
- 1 (28oz can) Crushed Tomatoes
- 1 tsp Salt Free Seasoning Blend
- 2 Bay Leaves
- 2 TBSP Sugar
- 1 tsp Salt
- 1 tsp Pepper
- 1 cup Vegetable Stock
- 2 lbs. Raw Shrimp, peeled
- 4 TBSP Flour

### Directions:

- Heat olive oil in a large pot over medium heat.
- Add onion, celery, bell pepper and garlic; sauté until soft.
- Add crushed tomatoes and diced tomatoes, bay leaves, salt free seasoning, sugar, salt, pepper and vegetable stock. Reduce heat to low, and cook for 30 minutes; cover for the first 20 minutes. Stir occasionally.
- Place the shrimp and flour in a Ziploc bag; shake to coat, set aside in refrigerator.
- Add shrimp to the sauce on the stove after the 30 minutes of cook time are up. Cook an additional 7 to 8 minutes, until the shrimp start to turn pink.
- Let stand 4 to 5 minutes to allow the shrimp time to cook.
- Serve over long grain rice.
- Refrigerate leftovers.

Makes 8 servings New Orleans Shrimp Creole