

Creole cooking is a fusion of Spanish, French, and African cuisines that came together in New Orleans. The robust tomato base and traditional spicy-hot seasonings make this a delightful stew.

shrimp creole

prep: 25 minutes slow cook: 5 to 6 hours (low) or 2½ to 3 hours (high)

makes: 6 to 8 servings

- 1 14.5-ounce can diced tomatoes, undrained
- 1 14-ounce can chicken broth
- 1½ cups chopped onion (3 medium)
- 1 cup chopped green sweet pepper (2 small)
- 1 cup sliced celery (2 stalks)
- 1 6-ounce can tomato paste
- ¾ cup thinly sliced green onion (3)
- 1 bay leaf
- 1½ teaspoons paprika
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- ¾ teaspoon bottled hot pepper sauce
- 2 cloves garlic, minced
- 1½ pounds peeled and deveined cooked medium shrimp
- 3 cups hot cooked rice

1 In a 3½- to 4-quart slow cooker combine undrained tomatoes, broth, onion, sweet pepper, celery, tomato paste, green onion, bay leaf, paprika, black pepper, salt, hot pepper sauce, and garlic.

2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

3 Discard bay leaf. Stir shrimp into tomato mixture; heat through. Serve over rice.

nutrition facts per serving: 344 cal., 3 g total fat (1 g sat. fat), 227 mg chol., 673 mg sodium, 39 g carb., 3 g dietary fiber, 37 g protein.