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. 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.

**nutrition facts per serving:**  344 cal, 3 g total fat (1 g sat fat), 277 mg chol, 673 mg sodium, 39 g carb, 3 g dietary fiber, 37 g protein.

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  
½ cup thinly sliced green onion (3)  
1 bay leaf  
1½ teaspoons paprika  
½ teaspoon ground black pepper  
¼ teaspoon salt  
¼ teaspoon bottled hot pepper sauce  
2 cloves garlic, minced  
1½ pounds peeled and deveined cooked medium shrimp  
3 cups hot cooked rice