

Shrimp Creole

Unit: Large Skillet or the Electric Skillet.

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| 1 - Pound Med. shrimp (Peeled and de-veined) | 1 - 15 Oz. Cans of Diced Tomatoes |
| 1 - Medium Onion Cut on #2 Blade | 1 - 15 Oz. Can of Tomato Sauce |
| 1/2 - Cup of Celery Cut on #2 Blade | 1/3 - Cup of Bell Pepper Chopped |
| 2 - Tablespoons of Chili Powder | 4 - Cloves of Minced Garlic |
| 1/2 - Teaspoon of Salt (Celtic sea salt is best) | 2 - Bay Leaves |
| 1/8 - 1/4 - Teaspoon of Cayenne Pepper | 1 - Tbsp of Corn Starch |

Combine all of the ingredients except for the shrimp and the cornstarch in a large skillet. Rotate the valve below the knob to open and turn on medium heat (325 with the Electric Skillet) until the valve whistles. (Approx. 10 minutes)

Reduce the heat to medium-low heat (225 with the Electric Skillet) and cook for 10 minutes or until the vegetables are tender.

Next, mix the cornstarch and 1 oz. of water in a glass until it is fully dissolved. Once the vegetables are done, add the shrimp and the cornstarch mixture into the skillet and cook until the shrimp is cooked (bright pink throughout) and the sauce has thickened. (approx. 6-8 minutes) Enjoy!



HEALTH QUEST