

Crockpot Shrimp Creole

½ cup butter	½ tsp dried thyme	1/3 cup flour
1 garlic clove, minced	1 ¾ cup sliced onions	pinch of
	rosemary	
1 cup diced green peppers	1 tablespoon sugar	1 cup diced celery
3 bay leaves	1 ½ large carrots , shredded	2 ¾ lb can tomatoes
1 tablespoon Worcestershire sauce	1 tablespoon of salt	¾ cup water
1/8 teaspoon of dried oregano	2 lbs. of shelled shrimp, deveined	

Melt butter in skillet and add flour and brown, stirring constantly. Add onions, green peppers, celery, and carrots. Cook 5 -10 min and transfer to medium crockpot. Add remaining ingredients, except shrimp and stir and cook on Low (250 degrees) for 6 – 8 hours. Add shrimp during the last hour and serve over brown rice. Goes great with green peas and corn.

Compliments of Dr. Catherine Hebert
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