

Irma's Shrimp and Corn Soup

Roux

4 tablespoons Oil
2 tablespoons Flour

Sauté

3 tablespoons Tomato Paste
½ Cup Onions
½ Cup Bell Peppers
¼ Cup Celery

Add

1 Can Cream Style Corn
1 Can Kernel Corn
8 Cups Hot Water
2 Bay Leaves
Salt, Pepper, Cayenne

Make Roux, and add the next four ingredients; cook until tender. Add corn, water, and bay leaves, and cook until thickened. Add 1 – 1 ½ lbs. Shrimp, and wait thirty minutes before serving. (Optional: 16 oz crabmeat.)

Courtesy of Dr. Catherine Herbert
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