



SHRIMP ETOUFFEE

Servings: 8

Ingredients

- 2 pounds (21 to 25) shrimp, peeled and deveined
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon lemon juice
- 1 1/2 tablespoons Cajun seasoning
- 3/4 cup butter
- 2 cups onions, diced
- 1 clove garlic, chopped
- 1/4 cup all-purpose flour
- 1/2 cup canned crushed tomatoes
- 1 cup water
- 1/4 cup scallions sliced, for garnish

Directions

In a mixing bowl, combine the shrimp, salt, black pepper, lemon juice and Cajun seasoning. Cover and refrigerate for 30 minutes.

Melt the butter in a large skillet over medium heat. Add the onions and sauté until transparent. Stir in the garlic and cook for a minute. Stir in the flour until well blended.

Gradually stir in the tomatoes and 1 cup of water. Bring to a simmer and cook for 8 minutes.

Add the shrimp to the skillet. Simmer for 5 to 6 minutes over low heat, until the internal temperature of the shrimp reaches 145 F.

Remove from the heat and serve immediately.

Side dishes

Steamed Rice
String Beans