

Check out our radio program
on KANE AM1240
every Thursday at 10:30 am



an initiative of the Iberia Industrial Development Foundation

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BestLife Iberia Executive Chef,
Patrick Mould

Chef, educator, TV personality, cookbook author and culinary innovator, Chef Patrick Mould has contributed much to the cooking landscape that is South-west Louisiana. With over 25 years experience Chef Mould is no stranger behind a stove and has been at the forefront of Cajun and Creole Cuisine.



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Shrimp Creole

Ingredients:

- | | |
|---------------------------------|--|
| 2 tablespoons unsalted butter | One 14-oz. can Diced Tomatoes, drained |
| 1 cup onions, chopped | 1 cup Ketchup |
| ½ cup chopped celery | 2 cups chicken broth |
| ½ cup chopped green bell pepper | 1 lemon, sliced |
| ½ cup chopped red bell pepper | 2 bay leaves |
| 1 tablespoon minced garlic | 2 pounds peeled Vermilion Bay Sweet® (gumbo pack) shrimp |
| 1 tablespoon minced fresh thyme | ¼ cup minced green onions |
| 1 tablespoon Cajun Seasoning | ¼ cup minced parsley |
| ½ teaspoon hot sauce | 8 cups cooked Rice |
| One 6-oz. can tomato paste | |
| One 8-oz. can Tomato Sauce | |



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Directions:

- 1.) In a large saucepot, heat butter. Add onion, celery, green and red bell pepper and cook for 2 minutes.
- 2.) Stir in garlic, thyme, Creole seasoning and hot sauce. Cook for additional minute.
- 3.) Add tomato paste, tomato sauce, diced tomatoes, ketchup, chicken broth, lemon slices and bay leaves. Bring to simmer and cook for 30 minutes.
- 4.) Add shrimp, simmer for 10 minutes. Be careful not to overcook shrimp.
- 5.) Stir in green onions and parsley. Ladle serving around 1 cup of cooked rice.

Yields 8 servings.

MADE POSSIBLE BY:



BLUE CROSS AND BLUE SHIELD OF
LOUISIANA
FOUNDATION

NUTRITIONAL ANALYSIS
PROVIDED BY:



www.iberiamedicalcenter.com

| Calories | Protein (g) | Fat (g) | Salt (mg) | Carbs (g) |
|----------|-------------|---------|-----------|-----------|
| 281 | 36 | 5.5 | 23366 | 23 |

