

Shrimp Creole

1 onion, sliced	28 oz can crushed tomatoes
1 green pepper, chopped	½ tsp sugar
½ c celery	¼ tsp cayenne
3 cloves garlic, minced	¼ tsp Tabasco
1 bay leaf	1 T Worcestershire sauce
2 T butter	1 ½ lbs shrimp, cooked, peeled and cleaned
1 T flour	

1. Sauté onion, pepper, celery and garlic with bay leaf in butter for 8 minutes.
2. Add flour and stir to mix.
3. Add tomatoes and all spices.
4. Cook on low at least 30 minutes (simmer longer, if possible to allow flavors to develop).
5. Add shrimp. Cook until shrimp are warm (about 5 minutes).
6. Serve over grits.