



Microwave Shrimp Étouffée

Savannah · 30/09/2024



Prep Time

45 mins

Dificult

Medium

Servings

6

Description

This is a very easy shrimp étouffée recipe that utilizes your microwave I usually add four dashes of hot pepper sauce to the dish but bring the hot stuff to the table in case someone wants a zestier dinner This recipe is one I learned while going to school in southern Louisiana Geaux Tigers

Ingredients

— - ¼ cup butter - ½ cup chopped onion - ½ cup chopped green onion - ½ cup chopped green bell pepper - 4 cloves minced garlic - ½ cup celery

— diced - ½ cup chopped fresh parsley - 3 tablespoons tomato paste - 1 (10.5 ounce) can condensed cream of chicken soup - 1 pound cleaned shrimp - salt to taste - ¼ teaspoon hot pepper sauce to taste - ¼ teaspoon cayenne pepper

Instructions

1. In a 2-quart microwave safe dish
2. combine butter
3. onion
4. green onion
5. bell pepper
6. garlic and celery. Heat on High settings for 8 to 9 minutes. Stir in parsley
7. tomato paste
8. soup
9. shrimp
10. salt
11. hot pepper sauce and cayenne. Heat on High setting for 5 minutes. Stir and cook for another 5 minutes until mixture thickens. Serve over white rice.