

That's what I'm talking about.

**HAMILTON**  
relay

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*"Time is life's most precious resource - use it wisely."*

That's what I'm talking about



## Shrimp Etouffee (pronounced "At two fay")

### Ingredients:

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*1/2 cup butter*  
*1 cup thinly sliced green onions*  
*1 cup fine chopped yellow onion*  
*1/4 cup of chopped celery*  
*1/4 cup of chopped green bell pepper*  
*1 can of tomato soup*  
*1 can cream of mushroom soup*  
*1/2 cup water*  
*1 tsp of Louisiana Hot Sauce*  
*1 1/2 pounds fresh or frozen peeled  
and deveined shrimp*  
*Hot cooked rice*

### Directions:

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In a large pot over medium heat, melt butter. Stir in green onions, chopped onions, celery and bell pepper. Reduce heat to low and cook, uncovered, stirring often for approximately 10 to 15 minutes or until vegetables are soft.

Add shrimp stirring occasionally for about 5 to 7 minutes. Add Louisiana Hot Sauce, tomato soup, cream of mushroom soup and water. Increase heat to high and bring to a boil stirring occasionally for about 10 minutes or until thickened. Remove from heat and serve over hot cooked rice.

This Cajun dish can be prepared in about 30 minutes.