

# Breaking Bread

with the  
Williams Family...  
Ingrid's Recipes



## Etouffee

### Ingredients:

- 1 cup butter, melted
- 1/2 cup plus 2 tablespoons all-purpose flour
- 1 1/2 cups finely chopped celery
- 1/2 cup chopped orange bell pepper
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1 (14 1/2 oz.) can chicken broth
- 2 cups water
- 1/4 cup chopped fresh parsley
- 1 tablespoon tomato paste
- 1 bay leaf
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground red pepper
- 2 pounds raw peeled and deveined shrimp
- 1 pound of your favorite meat sausage, browned and cut in bite size pieces
- 1/2 cup chopped green onions (about 1 bunch)
- Hot cooked rice

1. Combine butter and flour in a large Dutch oven; cook over medium-high heat, stirring constantly 8 to 10 minutes or until roux is caramel-colored. Add celery and peppers; cook 4 minutes. Add chicken broth and next 7 ingredients; bring to a boil. Add shrimp and sausage.
2. Cover, reduce heat, and simmer about 30 minutes, stirring occasionally.
3. Discard bay leaf before serving.
4. Serve over hot rice and garnish with green onions.

Yields: 10 servings