

# Shrimp Etouffade

1 1/2 sticks of oil  
3 medium onions chopped fine  
2 small bell peppers  
3 stalks of celery  
1 can No-to-formative

Put together and simmer 4 hours with  
veal low fire.

add:

1 can frozen mushrooms soup (Campbell)  
Do not add water

1 garlic butter chopped wal fine (or 2 tsp. minced)  
about two dashes of Worcestershire sauce  
juice of half lemon.

let simmer about 30 minutes -

add two quarts of raw, peeled shrimp -  
add 1/2 cup of little green onion tops. Cook  
until shrimp get done. Serve over rice.