

# Etouffee

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## **Ingredients**

3/4 cup diced onion  
1/2 cup diced green pepper  
1/4 cup diced celery  
1 tsp. chopped garlic  
1 Tbls. butter OR margarine  
1/2 tsp. salt  
1/2 tsp. cayenne pepper  
1/2 tsp. paprika  
1/4 tsp. ground mustard seed  
1/2 tsp. Worcestershire sauce  
12 oz. can condensed cream of mushroom soup  
1/2 cup condensed cream of celery soup  
1 cup water  
1/2 lb. crawfish meat OR ↓  
1/2 lb. cubed chicken OR ↓  
1/2 lb. raw, peeled shrimp  
3 Tbls. sliced green onions  
1 Tbls. chopped fresh parsley  
3 cups Rice Pilaf

## **Directions**

Saute garlic, onion, celery, and green pepper in butter until soft.  
Stir in next 8 ingredients.  
Bring to a simmer and continue cooking until meat is cooked through.  
Stir in green onion and parsley.  
Scoop 1/2 cup rice pilaf into center of 6 bowls or soup plates.  
Pour Etouffee over rice.