

# Seafood Creole



Prep Time:

30 min

Cook Time:

40 min

Total Time:

1 hr 10 min

Servings:

6

Yield:

6 servings

## Ingredients

- ¾ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground white pepper
- ½ teaspoon ground black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried sweet basil
- ¼ cup butter
- 1 cup peeled chopped tomato
- ¾ cup chopped onion
- ¾ cup chopped celery
- ¾ cup chopped green bell pepper
- 1 ½ teaspoons minced garlic
- 1 ¼ cups chicken stock
- 1 cup canned tomato sauce
- 1 teaspoon white sugar
- ½ teaspoon hot pepper sauce (such as Tabasco®)
- 2 bay leaves
- 1 pound peeled and deveined rock shrimp (thawed if frozen)
- 1 pound bay scallops (thawed if frozen)
- 1 pound haddock fillets (thawed if frozen) - cut into bite-size pieces

## Directions

- Mix together oregano, salt, white pepper, black pepper, cayenne pepper, thyme, and basil in a small bowl; set aside.
- Melt butter in a large Dutch oven over medium heat; stir in tomato, onion, celery, green bell pepper, and garlic. Cook and stir until the onion is translucent, about 5 minutes.
- Stir in chicken stock, tomato sauce, sugar, hot pepper sauce, and bay leaves. Reduce heat to low and bring sauce to a simmer. Stir in seasoning mix and simmer until the flavors have blended, about 20 minutes.

- Gently stir in rock shrimp, bay scallops, and haddock; bring sauce back to a simmer and cook until the shellfish and fish are opaque, about 20 more minutes. Remove bay leaves to serve.

### **Nutrition Facts** (per serving)

<b>328</b>	<b>10g</b>	<b>12g</b>	<b>47g</b>
Calories	Fat	Carbs	Protein