



Ingredients

½ to 1 c canola oil

1 c chopped celery

½ c chopped green bell pepper

Several sprigs fresh green curly leaf parsley,
chopped

2-4 green onions, tops and bottoms, chopped

2 c chopped onions

Salt and pepper to taste

2 lbs crawfish tails (I use frozen, already
cooked and cleaned, if you have more
crawfish, feel free to add)

1 can cream of shrimp soup

6-8 oz tomato juice

Tabasco to taste

What To Do:

Sauté all vegetables in canola oil until soft. I start with ½ cup, add more oil ONLY if needed. Since crawfish fat is extremely hard to find add the shrimp soup and tomato juice. When all other ingredients are added and heated through thoroughly, add crawfish and heat through very carefully as to not toughen the crawfish. At the very last, season to taste with some salt, pepper, and Tabasco. Serve over rice, and garnish with some fresh chopped parsley. Better if made a day ahead, gives flavors time to blend even more. Heat through slowly if made ahead.