

SEAFOOD CREOLE

PAGE 174 • BEST BY:

Directions Completely thaw in refrigerator. In a large stockpot, bring vegetable mixture to a boil. Reduce heat and simmer for 20 minutes. Add seafood and continue to simmer gently until seafood is thoroughly cooked, 5 to 7 minutes.

Recipe from *Fix, Freeze, Feast*, 2nd Edition
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