

CAJUN CREOLE SAUCE

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	8 g	2 g	1 g	0 mg	212 mg	35 mg

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 SALT
 PEPPER,BLACK,GROUND
 PEPPER,RED,GROUND
 OREGANO,CRUSHED
 BASIL,SWEET,WHOLE,CRUSHED
 THYME,GROUND
 GARLIC POWDER
 PAPRIKA,GROUND
 SUGAR,GRANULATED
 WORCESTERSHIRE SAUCE
 FLOUR,WHEAT,GENERAL PURPOSE
 WATER

Weight

1-1/2 lbs
 1-1/2 lbs
 1-1/2 lbs
 3-5/8 oz
 14-7/8 lbs
 1 oz
 1/3 oz
 1/8 oz
 3/8 oz
 3/8 oz
 3/8 oz
 1/3 oz
 1/4 oz
 1-3/4 oz
 1 oz
 4-3/8 oz
 8-1/3 oz

Measure

1 qts 1/4 cup
 1 qts 1/2 cup
 1 qts 1-5/8 cup
 1/2 cup
 1 gal 2-3/4 qts
 1 tbsp
 1 tbsp
 1/3 tsp
 2-2/3 tbsp
 2-2/3 tbsp
 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 1 cup
 1 cup

Issue

1-2/3 lbs
 1-7/8 lbs
 2 lbs

Method

- 1 Saute onions, peppers and celery in shortening, salad or olive oil for 10 minutes or until tender.
- 2 Add tomatoes, salt, black pepper, red pepper, oregano, basil, thyme, garlic powder, paprika, sugar, and Worcestershire sauce to vegetables. Bring to a boil; reduce heat; cover and simmer for 10 minutes.
- 3 Blend flour and water to make a smooth paste; add to sauce. Stir to combine. Simmer for 5 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.