

# Crawfish Étouffée

---



*Recipe submitted by Wendy Robins, Commons operations manager*

## Ingredients

---

- 1/4 pound butter
- 4 cups chopped onions
- 2 cups chopped green peppers
- 1 1/2 teaspoons fresh chopped garlic
- 4 cups sliced mushrooms
- 1 1/2 teaspoons flour
- Salt and pepper to taste
- 1 tablespoon cayenne pepper
- 4 dashes Tabasco sauce
- 1 tablespoon garlic powder
- 2 cups whipping cream
- 1 cup half-and-half
- 1 3/4 cups tomato sauce
- 3 1/2 pounds of protein or extra veggies
- 

## Directions

---

1. Melt butter in large heavy-duty pot. Add onions, peppers, garlic and all seasonings.
2. Sauté, stirring occasionally until onions are translucent (15 minutes).
3. Add mushrooms and sauté for 5 minutes.
4. Add flour and mix thoroughly for 1 minute, stirring often.
5. Add whipping cream and half-and-half. Cook until cream thickens but does not boil, stirring often.
6. Add tomato sauce and cook for 15 minutes.
7. Add desired meat, seafood or crawfish. Stirring often, cook until meat or vegetables are done. The longer you let the sauce cook, the more flavorful it becomes.
8. Serve over rice.

General notes: This dish is generally served over rice and with corn bread.