



Rogies Jumbalaya

By Dee Bludges
House 6

Ingredients

- 1 tbsp. olive oil
- 1 1/2 cups chopped onions
- 1 tbsp. Flour
- 1/2 tsp. salt
- 1 lb. peeled and deveined frozen shrimp
- 1 1/2 cup chopped green pepper
- 14 1/2 oz. can diced tomatoes
- 1-2 tsp. Cajun seasoning
- 2-4 drops of Tabasco sauce
- 12 oz. pkg. of Monterey Jack perogies



In a large skillet, heat the oil. Add pepper and onion, cook until tender (about 5 mins.) Drain liquid from tomatoes into a cup and add this liquid to flour, Cajun seasoning, salt and Tabasco sauce.

Stir the mixture into the skillet along with frozen shrimp and tomatoes. Cook and stir until sauce thickens and shrimp are pink (about 5 mins). Cook perogies in boiling water until they float (about 5 mins). Drain pirogues and stir into shrimp mixture.