

## Tuna Creole

3 Tbsp butter  
2 onions, chopped  
1 clove garlic  
½ cup chopped green pepper  
½ cup celery  
1½ Tbsp flour  
1 large can tomatoes  
1 tsp salt  
1 tsp sugar  
1 tsp accent  
2 bay leaves  
¼ tsp allspice  
1 Tbsp Worcestershire sauce  
¼ tsp Tabasco  
1 can Oregon Albacore Tuna  
2 Tbsp chopped parsley

Melt butter in skillet, sauté raw vegetables, blend in flour to thicken, add tomatoes and rest of seasonings. Simmer until thickened and blended. Break apart canned tuna, add to sauce and heat. Serve over rice.