

New Orleans Style Shrimp Stew

4 servings

Estimated cost per serving: \$1.85

- 1 Tbsp canola or olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1-1/2 cups water
- 1 (14 oz) can chicken broth
- 1/2 cup rice (uncooked)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1/2 tsp black pepper
- 1 (14.5 oz) can stewed tomatoes, undrained
- 1/2 pound frozen cooked medium shrimp, thawed*
- 1 (15 oz) can red beans, rinsed and drained



1) In a large pot, heat oil over medium heat. Add onion and green pepper and cook until softened (about 4 minutes).

2) Add water, chicken broth, rice, seasonings and tomatoes to the pot; stir to mix well. Bring the mixture to a boil; cover, reduce heat and simmer** for 20 minutes.

3) Add the shrimp and beans, cook uncovered for 5 minutes. Serve immediately.

4) Enjoy with a tossed green salad and some crusty bread to soak up the juices.

* You can thaw frozen shrimp by running under cold water for 5 - 6 minutes.

** Simmering means to cook food *gently* just below boiling, with an occasional bubble breaking on the surface.

Nutrition information per serving: 350 calories, 5g total fat, 0.5g saturated fat, 53g carbohydrate, 12g dietary fiber, 23g protein, 710mg sodium

Pyramid servings: 1 meat, 2 vegetables, 2 grains

Good source of Vitamins A and C, Iron and Calcium

Health Tip: Research studies show that eating fish & shellfish 2 x per week may reduce your risk of heart attack. Omega-3 fatty acids naturally present in fish help prevent blood clot formation, lower blood triglyceride levels and reduce inflammation.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at rebecca.gruenes@mnsu.edu.

