

spanish-style shrimp stew

enjoy this Mediterranean-flavored seafood stew

Prep time: 20 minutes
Cook time: 25 minutes

- 1 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 C fennel (about 1 bulb, outer layers removed), rinsed and diced (or substitute leek or onion)
- 2 cans (14½ oz each) no-salt-added diced tomatoes
- 1 C low-sodium chicken broth
- 2 lb new (red) potatoes, rinsed and quartered (about 2 C)
- 12 oz large shrimp, peeled and deveined (about 24 pieces)
- 2 Tbsp fresh oregano, rinsed, dried, and chopped (or 2 tsp dried)
- 2 Tbsp lemon juice
- 2 Tbsp fresh basil, rinsed, dried, and chopped (or 2 tsp dried)
- ¼ tsp salt
- ¼ tsp ground black pepper

- 1 Heat olive oil in a large sauté pan. Add garlic and fennel, and cook on medium heat, stirring often, until the fennel pieces begin to soften, about 5–7 minutes.
- 2 Add tomatoes, chicken broth, and potatoes, and bring to a boil. Lower temperature to a gentle simmer, and cook until the potatoes begin to soften, about 10 minutes.
- 3 Add shrimp, oregano, lemon juice, and basil, and mix gently. Continue to simmer until the shrimp are pink and fully cooked, about 5 minutes (to a minimum internal temperature of 145 °F).
- 4 Add salt and pepper.
- 5 Serve 1½ cups stew (each serving to include about six shrimp).

Tip: Delicious over rice or with a green salad and crispy and crusty bread (broiled with garlic) to soak up the sauce.



yield:

4 servings

serving size:

1½ C stew

each serving provides:

calories	211	total fiber	4 g
total fat	5 g	protein	18 g
saturated fat	1 g	carbohydrates	25 g
cholesterol	126 mg	potassium	276 mg
sodium	375 mg		