

## Mexican Tomatoes and Shrimp

### Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1 cup instant brown rice
- 1 onion
- 2 cups water
- 10 ounces tomatoes with green chilies, canned
- 1/4 cup cilantro
- 1/4 teaspoon cumin
- 1/4 teaspoon black pepper
- 1 1/2 pounds shrimp, medium, shelled, deveined, uncooked

### Equipment:

- Cutting board
- Knife
- Non stick skillet
- Measuring cups
- Measuring spoons

Number of Servings: 6  
 Prep Time: 30 minutes  
 Total Time: 30 minutes

### Directions

1. Heat oil in a large, non stick skillet over medium heat. When hot, add rice and cook until rice is golden brown, about 5 minutes.
2. While rice is cooking, cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Set aside.
3. While rice is cooking, pull stems off of cilantro and chop into small pieces. Set aside.
4. Add water, canned tomatoes, onions, cilantro, cumin and black pepper. Stir well.
5. Bring to a boil, cover and cook for 8 minutes.
6. Stir ingredients and add shrimp to skillet, cover and cook for 5 minutes.
7. Serve warm.

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### Nutrition Facts

Serving Size: 2 cups	
Servings: 6	
Amount Per Serving	
Calories 248	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 173mg	58%
Sodium 371mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Protein 25g	50%
Vitamin A 12%	Vitamin C 22%
Iron 24%	Calcium 9%

\*Percent Daily Values are based on a 2,000 calorie diet.

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