
Shrimp Marinara

Gloria Goldstein - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 8

1 cup onion, coarsely chopped
2 cloves garlic, minced
1/4 cup olive oil
2 cans (28 ounce ea) Italian tomatoes
2 teaspoons dried basil, crushed
2 teaspoons dried oregano, crushed
2 pounds large shrimp, peeled and deveined
fresh basil (for garnish) (optional)

In a large saucepan or Dutch oven, cook the onion and garlic in hot oil, stirring occasionally, until the onion is tender. Cut up the tomatoes. Add the tomatoes and juice, basil and oregano to the onion mixture.

Bring to a boil. Reduce the heat and simmer, uncovered, until most of the liquid is evaporated. Stir in the shrimp. Cook, stirring occasionally, for 5 minutes or until the shrimp is tender.

Serve garnished with fresh basil, if desired.

Seafood

Per Serving (excluding unknown items): 194 Calories; 9g Fat (41.8% calories from fat); 24g Protein; 4g Carbohydrate; 1g Dietary Fiber; 173mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.