

Shrimp with Tarragon and Tomato Sauce

Rachael Ray

30 Minute Meals

Servings: 4

2 tablespoons extra-virgin olive oil
2 carrots, finely chopped
2 ribs celery, finely chopped
3 shallots, thinly sliced
6 white mushrooms, chopped
2 pounds large shrimp, peeled and deveined
salt
pepper
1/2 cup dry white wine
1 can (15 oz) tomato sauce
6 sprigs fresh tarragon, leaves chopped
1 loaf peasant bread, thickly sliced
2 cloves garlic, peeled, halved and smashed
extra-virgin olive oil (for drizzling)

Preheat the broiler.

In a large deep skillet, heat the olive oil with three swirls of the pan, over medium-high heat.

Add the carrots, celery, shallots and mushrooms and cook until tender, about 7 to 8 minutes.

Add the shrimp and cook, stirring a few times, until pink and almost firm, about 4 minutes.

Season with salt and pepper.

Stir in the white wine, tomato sauce and tarragon and heat through for 1 to 2 minutes.

Remove from the heat.

Toast the bread slices under the broiler. Rub with the garlic and drizzle with olive oil.

Serve the shrimp and sauce in shallow bowls with hunks of the bread for mopping.

Per Serving (excluding unknown items): 367 Calories; 11g Fat (28.7% calories from fat); 48g Protein; 13g Carbohydrate; 2g Dietary Fiber; 345mg Cholesterol; 740mg Sodium. Exchanges: 6 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.