

Shrimp Marinara



PREP TIME:
10 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 16 oz. Package Frozen, Raw - Jumbo or Extra-Large Organic (or Wild Caught) Shrimp
- ¼ Cup Red Onion – Diced
- 5-6 Garlic Gloves - Minced
- 1 1/2 Tablespoons – Extra Virgin Olive Oil
- 1/2 Teaspoon Salt (***Himalayan Sea Salt Recommended***)
- 1 Teaspoon Dried Basil
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Garlic Powder (*optional*)
- 14.5 oz. Can Fire Roasted Tomatoes (*I used Muir Glen – Non BPA Lined*)
- 1/4 Cup Organic Vegetable Broth
- 12 oz. Package Gluten Free Penne Pasta (***Recommend: Jovial or Lundberg Brown Rice brands***)
- **Optional:** Top with a few shakes of Nutritional Yeast or Vegan Parmesan

Instructions (read entire recipe instructions before starting):

1. Empty bag of shrimp in colander and run cold water over it for 5 minutes until thawed.
2. Once completely thawed, peel shrimp and set aside in a separate bowl.
3. Start boiling water. **See step #10 below.**
4. In a large sauté pan, add olive oil – warm up 2 minutes.
5. Add onion and cook down 3-5 minutes.
6. Add garlic and cook 1-2 more minutes.
7. Add entire can of fire roasted tomatoes and broth. Season with salt, oregano, basil, garlic powder.
8. Allow to warm and simmer on medium low for 5 minutes and then add shrimp to pan.
9. Important to keep heat on medium low so shrimp cook slowly in the pan – should take about 8-10 minutes for tender shrimp. This helps prevent them from having a tough texture.

10. In the meantime, start boiling a pot of water. Usually done in 8-10 minutes, drain and reserve small amount of liquid for sauce – add 1 TBSP of liquid to bowl/plate. (***COOK PASTA while cooking shrimp so ready at the same time***).
11. Pour shrimp sauce onto pasta. Top with nutritional yeast or vegan parmesan if desired.
Optional: Peel a medium zucchini and put into pasta water 30 seconds before draining water. Serve with your pasta (to cut down on carbs). Or mix in some fresh leafy greens like baby spinach or baby bok choy. They will naturally wilt down in sauce.

***Try and use all organic ingredients if possible.**

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