

Red Bean, Rice and Shrimp Soup

Ingredients:

- 2 Tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 to 6 stalks of celery, coarsely chopped
- 4 to 6 carrots, coarsely chopped
- 2 clove garlic, minced
- 4 cups low sodium chicken broth
- 1/4 cup long-grain rice, uncooked
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1 can (14.5 ounce size) whole tomatoes (no-salt-added), undrained, chopped
- 3/4 pound small fresh peeled and deveined shrimp
- 1 can (15.5 ounce size) red beans, drained
- 1 Tablespoon lime juice

Directions:

1. Heat oil in a large Dutch oven over medium heat. Add onion, celery, carrot and garlic; sauté 5 minutes.
2. Add the broth and next 6 ingredients. Bring to a boil. Cover, reduce heat, and simmer for 20 minutes.
3. Peel and devein shrimp. Add shrimp and red beans to rice mixture and stir well. Cook, uncovered, 5 minutes or until shrimp is done. Remove from heat and stir in lime juice.