



# Vegetable Primavera Shrimp in Salsa Verde

**Servings**

8

**Calories**

140

**Prep Time**

20 minutes

**Total Time**

45 minutes

**Skill Level**

Medium

## Ingredients

### For the Sauce

- 3 large green tomatoes (tomatillo)
- 3 garlic cloves, whole
- 2 Jalapeno pepper, cleaned without seeds
- ½ cup onion, chopped
- Salt, to taste

### For the Shrimp

- 2 tablespoons butter
- 3 garlic cloves, minced
- ½ cup onion, sliced
- 1 red bell pepper, cut-into slices
- 1 pound shrimp, peeled and deveined
- 3 (12 ounce) bags Mann's Broccoli & Cauliflower



## The Method

### For the Salsa

In 3 cups of boiling water, add green tomatoes, 3 whole garlic cloves, 2 jalapenos peppers and chopped onion, cook until tender, about 10 minutes. When ready, pour the ingredients in the blender with the cooking water.

Add salt to taste then blend until smooth.

**Note:** You may use store-brought Salsa Verde.



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## For the Shrimp

In a skillet pan, melt the butter over medium-low heat. Add the minced garlic and sliced onions, sauté for about 1 minute or until lightly browned. Next, add sliced red peppers and salute for about 3 minutes. Add the shrimp and sauté until it turns pink, about 5 minutes, stir often. Add Mann's Broccoli & Cauliflower and salsa verde, cook covered for about 5 minutes and then serve.

**Note:** Serve over steam rice for dinner or over scrambled eggs for brunch. You can add Parmesan cheese to enhance flavor.

**Recipe by Maria Gomez, Receiving Supervisor at Mann Packing Company.**

## Nutrition Facts

Serving Size 271g | Servings: 8

### Amount Per Serving

Calories 140 | Total Fat 4.5g (sat 2g Trans 0g) | Cholesterol 80mg | Sodium 540mg | Total Carbohydrate 14g | Dietary Fiber 4g |  
Sugars 6g (Includes 0g Added Sugars) | Protein 12g | Vitamin D 0% | Calcium 6% | Iron 6% | Potassium 15%