

Shrimp Caldo Rojo

We're cooking shrimp in a Mexican-style tomato-chili-sauce (caldo rojo) with plenty of black beans, carrots, celery and hominy. It's a one-pot dinner that's so easy to make you can whip up margaritas while it's cooking.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Corn, Beans &
Hominy
Shrimp
Tomatoes & Spices
Tortilla Chips

Make The Meal Your Own

Like it hot? Add a pinch or two of crushed red pepper once it's cooked.

Good To Know

Don't know what Hominy is? Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 560 Calories, 37g Protein, 11g Fat, 16g Fiber, 11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomato, Shrimp, Black Beans, Hominy, Onion, Corn, Carrot, Celery, Tortilla Chips, White Wine, Cider Vinegar, Lime Juice, Cilantro, Garlic, Crushed Red Pepper, Herbs and Spices

meez*meals*

1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat.

2. Make the Caldo Rojo

Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes.

Add **Tomatoes & Spices** and **Corn, Beans & Hominy** and 1¼ cups water. Bring to a boil and then reduce heat to low and simmer for 15 minutes, until the broth thickens slightly.

Add the **Shrimp** and let cook in broth for 5 minutes.

3. Put It All Together

Season with salt and pepper to taste and spoon into bowls. Crumble **Tortilla Chips** into small pieces, sprinkle on top, and enjoy!

You don't need to eat it right away just be sure to remove from the heat so the shrimp doesn't get overcooked.

Love this recipe? #meezmagic

Instructions for two servings.

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