

# Asopao de Camarones | Shrimp Stew

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/asopao-de-camarones-puerto-rican-recipe>

## Ingredients:

- 2 tablespoons olive oil divided
- 1/2 large onion chopped and divided
- 1/4 red bell pepper chopped and divided
- 1/4 cup sofrito homemade
- 1 pound shrimp tails removed and set aside
- 4 cloves garlic roughly chopped
- 1 tablespoon salt or to taste
- 3 sprigs cilantro
- 2 sprigs thyme
- 10 cups water
- 1 1/2 tablespoons olive oil
- 3/4 red pepper chopped
- 1/2 onion finely chopped
- 2 cloves garlic minced
- 1 teaspoon oregano
- 1 packet sazón
- 1/2 teaspoon cumin
- 4 ounces tomato sauce
- 1/2 cup sofrito
- 1 cup long grain rice soaked in water
- 1/4 cup cilantro chopped
- 1 pound raw shrimp

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 175 milligrams

4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 33 grams
7. SaturatedFat: 2 grams
8. Sodium: 2530 milligrams
9. Sugar: 5 grams

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