

Brazilian Shrimp Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-stews-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, chopped
- 1 bell pepper chopped, I used a red one
- 4 cloves garlic minced
- 1/2 cup rice long-grain
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 28 ounces crushed tomatoes 1 large can
- 4 cups water
- 1 cup coconut milk unsweetened
- 1 pound medium shrimp shelled and cut in 1 inch pieces
- 1/4 teaspoon black pepper ground
- 3 tablespoons lemon juice from 1 lemon
- 1/2 cup parsley fresh, chopped, for garnish, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 170 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 29 grams
7. SaturatedFat: 14 grams
8. Sodium: 1050 milligrams
9. Sugar: 4 grams

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