

West African Tomato Sauce with Shrimp

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-shrimp-tomato-sauce-recipe>

Ingredients:

- 1 medium onion chopped
- 1/2 pound shrimp
- 7 Roma tomatoes chopped
- 1/2 red bell pepper chopped
- 2 cloves garlic
- 1 ginger thumb size piece of
- 1 habanero pepper
- 3 tablespoons palm oil
- 2 teaspoons salt

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 85 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 1270 milligrams
9. Sugar: 6 grams

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