

PARISH OUTREACH

Eat Simply Recipe

During this Lenten Season, Eat Simply asks how you and your family will be uniting yourselves with our struggling neighbors and with the starving of the world. We encourage you to reflect, discuss and to decide how you will eat more basic meals during Lent as you participate in Eat Simply.

What is a “simple meal” in your house? Below is a recipe for a “simple meal” you may wish to try in your home. If you have a favorite “simple” recipe, perhaps you would like to share it, and we would be happy to share it in the bulletin. Thank you so much for participating in the Eat Simply program.

Linguine Pasta with Shrimp and Tomatoes

Ingredients

2 tablespoon olive oil
3 cloves, garlic, minced
4 cups diced tomatoes
1 cup dry white wine
2 tablespoons butter
Salt and pepper to taste
1(16ounce) package linguine pasta
1 pound peeled and deveined medium shrimp
1 teaspoon Cajun seasoning
2 tablespoons olive oil



Heat the olive oil in a large saucepan over medium heat. Stir in garlic and cook for 2 minutes. Add the tomatoes and wine. Bring to a simmer and cook for 30 minutes, stirring frequently. Once the tomatoes have simmered into a sauce, stir in the butter and season with salt and pepper.

Fill a large pot with lightly salted water; bring to a rolling boil; stir in the linguine and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, about 11 minutes. Drain well in colander set in the sink.

Season the shrimp with Cajun seasoning, salt, and pepper. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium-high heat. Stir in the shrimp and cook until pink on the outside and no longer translucent in the center, about 5 minutes. Stir the shrimp into the pasta sauce, then stir the sauce into the linguine to serve. Enjoy!!!