

Shrimp Marinara



Ingredients

- 1 lb. uncooked shrimp- small
- Basil Olive Oil
- 1 ripe tomato
- ¼ small onion
- ¼ mushrooms
- 1 cup Light Marinara Sauce
- 2 tbs flour (to thicken)
- 1 tbs Capers (optional)
- 3-4 cups cooked pasta (mixed with olive oil)
- 1 cup Steamed broccoli-lightly crushed
- 3 tbs **Jalapeño Gold**
- 1 tsp. crushed red pepper flakes

Directions

1. Sautee onion, tomato, mushrooms in 3 tbs Basil olive oil in a covered dish, until brown.
2. Add shrimp and sauté on medium heat until nearly cooked adding additional olive oil as needed.
3. Add the marinara sauce and continue to simmer in covered dish stirring occasionally (approximately 3-4 min)
4. Let stand for 2-3 leaving pan covered
5. Add flour to mixture and sauté until thick (approximately 1 min)
6. Add steamed broccoli to pasta
7. Top pasta with shrimp marinara

