

## Brazilian Shrimp Soup

Prep time	Cook time	Total time
15 mins	25 mins	40 mins

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Serves: 6

### Ingredients

- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped (I used a red one)
- 4 cloves garlic, minced
- ½ cup long-grain rice
- a pinch red pepper flakes
- 2 tsp salt
- 1 15 oz can crushed tomatoes
- 4 cups water
- 1 cup canned unsweetened coconut milk
- 1 pounds medium shrimp, shelled and cut in 1 inch pieces
- ¼ tsp ground black pepper
- juice from 1 lemon
- ½ cup chopped fresh parsley for garnish



### Instructions

1. In a large soup pot heat the olive oil over low heat. Add onion, bell pepper, garlic and cook stirring occasionally until the onion and pepper are soft.
2. Add the rice, red pepper flakes, salt, tomatoes and water to the pot and bring a boil. Cook until the rice is almost done, about 10 minutes.
3. Stir the coconut milk into the soup. Bring to a simmer and then stir in the shrimp. Simmer, stirring occasionally, until the shrimp are just done, 3 to 5 minutes. Stir in the black pepper, lemon juice, and parsley.

### Nutrition Information

Calories: 306 Fat: 15.3 g Saturated fat: 9.2 g Carbohydrates: 23.9 g Sugar: 7.0 g Sodium: 1095 mg Fiber: 4.2 g Protein: 20.4 g Cholesterol: 149 mg

Recipe by Jo Cooks at <http://www.jocooks.com/soups/brazilian-shrimp-soup/>