

Tomato and Shrimp Hot Pot



Warm up with this easy one-dish meal. All the ingredients are staples you can stock in your pantry or freezer.

- 1 tbsp *extra virgin olive oil*
- 1 medium *onion*, chopped
- 1 15-oz can *tomatoes*, low-sodium
- 1 tsp minced *garlic*
- 1 tsp *Italian herb seasoning*
- $\frac{1}{4}$ tsp *red pepper flakes*
- 2 15-oz cans small *white beans*, rinsed and drained
- 1 15-oz can *tomato sauce*, low-sodium
- 2 cups canned *chicken broth*, low-sodium
- 3 cups *water*
- 1 cup uncooked *penne pasta*
- $\frac{3}{4}$ pound frozen uncooked *shrimp* (your favorite size), peeled and thawed

- ➊ Heat oil on medium high in a large soup pot and sauté onion until translucent, 2-3 minutes.
- ➋ Drain canned tomatoes and reserve liquid; add tomatoes to the pot along with garlic, herb and pepper flakes and cook together for another 4-5 minutes.
- ➌ Add beans, remaining tomato liquid, tomato sauce, broth, water and pasta; bring to a boil, reduce heat and simmer 15 minutes.
- ➍ Add shrimp and cook 1-2 minutes, or until shrimp turn pink.
- ➎ Serve in bowls and top with sprinkles of grated Parmesan cheese.

MAKES 10, 1-CUP SERVINGS.

Per cup:

234 calories

17g protein

4.8g fat

31g carbs

7g fiber

512mg sodium