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Spanish-Style Shrimp Stew

- 1 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Cup fennel (about 1 bulb, outer layers removed), rinsed and diced (or substitute leek or onion)
- 2 Cans (14½ oz each) no-salt-added diced tomatoes
- 1 Cup low-sodium chicken broth
- 2 Lb new (red) potatoes, rinsed and quartered (about 2 Cups)
- 12 Oz large shrimp, peeled and deveined (about 24 pieces)
- 2 Tbsp fresh oregano, rinsed, dried, and chopped (or 2 Tsp dried)
- 2 Tbsp lemon juice
- 2 Tbsp fresh basil, rinsed, dried, and chopped (or 2 Tsp dried)
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper

- 1) Heat olive oil in a large sauté pan. Add garlic and fennel, and cook on medium heat, stirring often, until the fennel pieces begin to soften, about 5–7 minutes.
- 2) Add tomatoes, chicken broth, and potatoes, and bring to a boil. Lower temperature to a gentle simmer, and cook until the potatoes begin to soften, about 10 minutes.
- 3) Add shrimp, oregano, lemon juice, and basil, and mix gently. Continue to simmer until the shrimp are pink and fully cooked, about 5 minutes (to a minimum internal temperature of 145 °F).
- 4) Add salt and pepper.
- 5) Serve 1½ cups stew (each serving to include about six shrimp).

Makes 4 Servings