

Mung Bean & Shrimp Gumbo

Ingredients

- 2 Tbs extra-virgin olive oil
- 10 garlic cloves, crushed
- ¼ cup chopped red onion
- 1 14-oz can chopped tomatoes
- 1 tsp cumin
- 2 inches of fresh ginger, peeled and grated
- 1 Tbsp tomato paste
- sea salt and black pepper, to taste
- 1/8 tsp (or to taste) cayenne pepper
- 3 cups water
- 1 cup dried mung beans
- 1 13.5-oz can full fat coconut milk
- 1 Tbsp Cajun Seasoning
- 10 -12 pieces cooked shrimp

Instructions

1. In large pot, heat the olive oil over medium heat until hot.
2. Add the garlic and onion, and sauté, stirring, 3 mins.
3. Add the tomatoes, tomato paste, cumin, ginger, salt and pepper, cayenne and Cajun seasoning.
4. Cook, stirring often, 5 mins.
5. Pour in the water and stir in the mung beans.
6. Bring to a boil, then reduce the heat to low, cover the pot, and let simmer for 40 mins.
7. Meanwhile, thaw frozen shrimp in cold running water
8. Then, uncover the pot, add shrimp and let simmer an additional 15 mins, or until the mung beans are softened.
9. Turn off the heat and stir in the coconut milk.
10. Ladle into bowls and enjoy! Can be served on its own as a soup or over rice.