



THE  
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TABLE

OWOLABI BROTHERS

## Fragrant Jumbo Shrimp Stew With Turnip Greens



### SHOPPING LIST

- 1 bunch of turnip greens
- 2 (8 oz.) cans of tomato sauce (BPA free)
- Jumbo shrimp (deveined & deshelled)
- 3 white onions (dice)
- 1 head of fresh Garlic (minced)
- 8 oz. kous kous/dry brown Basmati Rice
- Dry Seasoning: Cayenne pepper, Chile powder, Oregano
- Salt & pepper (for taste)

### INSTRUCTIONS

- Roughly chop turnip greens and set aside.
- Dice onion and set aside.
- Heat saucepan.
- Add tomato sauce, turnip greens, onion, garlic, and dry seasoning.
- Stir, and cook for 5 minutes.
- Add jumbo shrimp.
- Simmer for additional 25 minutes.
- In another pan (or rice cooker), steam brown rice.
- Remove jumbo shrimp stew from heat and serve over brown rice.