**Cajun Shrimp and Rice**

**Produce**   
  
garlic (if needed)

1 yellow onion (if needed)

1 cucumber

1 green bell pepper (if needed)

celery (if needed)

1 slicing tomato

1 lime

**Canned/Dried Food**

brown rice (if needed)

one 15 oz. can no salt chopped tomatoes

one 15 oz. can tomato sauce

one 15 oz. can red kidney beans

low-sodium vegetable broth (if needed)

Tabasco (if needed)

onion powder (if needed)

garlic powder (if needed)

hot paprika (if needed)

oregano leaves (if needed)

basil leaves (if needed)

thyme leaves (if needed)

red wine to cook with (if needed)

**Frozen Food**   
  
1 package large, raw shrimp(if not using fresh)

**Meat/Fish/Poultry**   
12 oz. fresh, raw large shrimp *(buy frozen if none available)*

**Chilled Food/Dairy**

6” corn tortillas

plain, nonfat yogurt (if needed)