

## **Chipotle shrimp rice bowls with cilantro rice and chipotle cream**

*Created by Hannah McDonald, PCC executive director*

This simple-to-cook meal is sure to please the senses with notes of heat from the shrimp and cream, sweetness from the corn and citrus from the lime. Other enjoyable toppings are green chilies, queso fresco (fresh cheese), shredded Mexican cheese, sautéed bell peppers, and grilled or raw onion. Make it your own — add to or leave out things!

Cooking time: 25 minutes; prep time: 15 minutes; total time: 35 minutes

Serves 5-7

### **Ingredients:**

2 pounds peeled and deveined shrimp

\*You can substitute the shrimp for chicken, steak or tofu (I use two bags of Argentinian Shrimp which can be found at Smith's Food and Drug in the freezer aisle — this shrimp tastes like lobster, YUM!)

3 cups basmati rice

1 pound frozen corn (I get the kind you can microwave in the bag)

1 15oz can black beans (pinto beans are good too)

2 limes

1 pound/bundle fresh cilantro

2 vine-ripe tomatoes (cherry tomatoes are a good substitute)

1 ripe avocado

1 stick unsalted butter

1 small can of chipotle peppers in adobo sauce

8 oz sour cream

Chipotle Southwest Seasoning (I use Mrs. Dash)

Note: If using frozen shrimp, thaw shrimp and drain any liquids before cooking.

### **Cooking Instructions:**

1. Prepare basmati rice following the package instructions while also adding the juice of one lime and half a stick of butter (while this cooks, you'll prepare everything else)

1a. Chop cilantro — I use an herb mill to cut my herbs; if you don't have one, just tightly roll up your herbs and give them a nice chop (the size doesn't matter!) You'll stir this into the rice when it's done cooking.

2. Veggies: Dice your tomato and avocado, and set to the side; also cut the second lime into 8 pieces.

3. Cream: Mix half a can of peppers with the sour cream and set to the side. (I chop the peppers as they typically come whole. The peppers are hot so as you mix the peppers into the cream, taste it along the way to make sure it's the heat you desire.)

4. Shrimp: Place your thawed shrimp and add 2 tablespoons of Chipotle Southwest Seasoning in a mixing bowl then mix well. Melt the remaining butter in a saucepan and begin to sauté shrimp. Thoroughly cook your shrimp!

5. Corn: Heat corn according to package instructions.

6. Beans: Drain and rinse beans in a colander. Warm beans for 2 minutes in a microwave-safe bowl.

7. Time to construct your bowl! Fill the bottom with cilantro rice and top with shrimp, corn, beans, tomatoes, avocados and the chipotle cream; squeeze on fresh lime and enjoy!

### **Notes from the kitchen:**

Not into spicy stuff? Try substituting the chipotle southwest seasoning with taco seasoning or garlic salt and onion powder. You can also add mild green chilies to the sour cream in place of the chipotles, or just keep it simple leave it plain.