caribbean paella

TOTAL TIME

45 minutes (Active Time - 15 minutes)

MAKES 6 SERVINGS

APRON'S ADVICE

Complete your meal with a fresh salad blend, Cuban bread, and Key lime pie for dessert. Add mussels and clams during last 5 minutes of cook time to create a more authentic paella.

SHOPPING LIST

Dry Grocery
1/2 tsp ground allspice
1/4 tsp saffron threads
2 cups white rice

Meat
1 (12-oz) package fully-cooked apple chicken sausage

Produce
1 lime
1 mango
1 cup orange juice
1 poblano chile pepper
1 red bell pepper
1 medium sweet onion

Seafood
3/4 lb peeled/deveined shrimp

From Your Pantry
2 tbsp butter

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COOKING SEQUENCE

- Prep ingredients and begin to cook - 10 minutes
- Complete paella; serve - 35 minutes

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INGREDIENTS

1 mango
1 red bell pepper
1 medium sweet onion
1 poblano chile pepper, finely chopped
1 (12-oz) package fully-cooked apple chicken sausage
3 cups water
1 cup orange juice
2 tablespoons butter
2 cups white rice
1/2 teaspoon ground allspice
1/4 teaspoon saffron threads
3/4 lb peeled/deveined shrimp
1 tablespoon fresh lime juice

PREP

- Peel mango; cut into bite-size pieces.
- Cut bell pepper and one-half onion into bite-size pieces.
- Chop one half of poblano pepper.
- Cut sausage into bite-size pieces (wash hands).

STEPS

1. Preheat large stock pot on medium-high 2–3 minutes. Add water, orange juice, and butter; bring to a boil. Stir in all remaining ingredients (except shrimp and lime juice). Return mixture to a boil; cook 1–2 minutes.
2. Reduce heat to medium-low and cover with tight-fitting lid; cook 20 minutes (without removing lid) or until rice is tender.
3. Stir in shrimp and lime juice, then cover; let stand 5 minutes or until shrimp is opaque. Serve.

CALORIES (per 1/6 recipe) 480kcal; FAT 14g; CHOL 145mg; SODIUM 530mg; CARB 67g; FIBER 3g; PROTEIN 24g; VIT A 30%; VIT C 110%; CALC 6%; IRON 25%

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