

Shrimp, White Bean and Kale Stew

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Servings: 4

*3 tablespoons extra-virgin olive oil
2 links (6 ounce total) Spanish-style chorizo, fully cooked, halved lengthwise and cut into 1/2-inch slices
1 onion, chopped
3 cloves garlic, minced
1 small bunch (1 pound) curly kale, trimmed and chopped
Kosher salt
freshly ground pepper
1 can (15 ounce) white beans, undrained
1 cup low-sodium chicken broth
2 fresh bay leaves
1/2 baguette OR 1 demi baguette, halved lengthwise and cut into pieces
12 ounces medium shrimp, peeled and deveined*

Heat the olive oil in a Dutch oven over medium-high heat. Add the chorizo. Cook, stirring occasionally, until the edges are browned, 3 to 5 minutes. Add the onion and garlic. Cook, stirring occasionally, until softened and lightly browned, about 5 minutes.

Add the kale. Season with salt and pepper. Cook until wilted, about 3 minutes. Stir in the white beans, chicken broth, one cup of water and a pinch of salt. Add the bay leaves. Bring to a boil. Reduce to a simmer. Cover and cook until the kale is tender, about 5 minutes.

Meanwhile, preheat the broiler. Place the baguette slices, cut side up, on a baking sheet. Broil until toasted, 2 to 3 minutes.

Season the shrimp with salt and pepper. Add to the simmering stew. Cover and cook until opaque, about 3 minutes. Season the stew with salt, if needed. Discard the bay leaves.

Divide the stew among bowls. Drizzle with more olive oil. Serve with the bread.

Per Serving (excluding unknown items): 369 Calories; 13g Fat (29.8% calories from fat); 32g Protein; 35g Carbohydrate; 8g Dietary Fiber; 129mg Cholesterol; 145mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.