

Caribbean Stir-Fried Shrimp

Servings: 6

INGREDIENTS:

2 teaspoons vegetable oil, divided
1 medium onion, coarsely chopped
1 (20 ounce) can pineapple chunks in juice, drained, and patted dry
1 pound frozen, large shrimp, thawed, peeled and cleaned
1 clove garlic, minced
1 pinch crushed red pepper flakes (optional)
1 (14.5 ounce) can diced tomatoes, drained
1/4 cup canned, diced mild green chilies
1 teaspoon soy sauce
3 cups hot cooked rice (optional)



DIRECTIONS:

1. Heat a large skillet or wok over medium-high heat. Add half the oil and heat until smoking, about 10 seconds. Add the onion and stir-fry until lightly browned, about 1 minute. Add the pineapple and stir fry gently until pineapple browns lightly, about 1 minute. Remove pineapple to a bowl and set aside.
2. Add remaining oil to the pan. Add shrimp and stir-fry until opaque, about 1 minute. Add garlic and red pepper, if desired, and stir fry for 10 seconds.
3. Add the tomatoes, chilies, and reserved pineapple and stir fry until heated through, about 1 minute. Stir in soy sauce and serve over rice, if desired.