

Jim's Red Bean and Quinoa Spicy Cajun Shrimp

- 3 tbsp. olive oil
- 1 tbsp. butter
- 1 medium onion chopped lengthwise
- 2 tbsps. minced garlic
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 tsp. Cajun seasoning
- 1 tsp. red chili powder
- 1 tsp. wistershire sauce
- 1 -2 drops Tabasco
- 2-3 jalapenos peppers chopped decided
- 12-14 jumbo shrimp uncooked and deveined/shelled
- 1 large can diced tomatoes
- 1 can of rotel
- 1 can of red kidney beans
- 2 cups cooked red quinoa

Instructions: in olive oil and butter, sauté onions and garlic till clarified. Add shrimp and sauté on low heat. Add seasonings. Add tomatoes and Rotel. Add jalapenos. Stir in quinoa and red beans. Add salt to taste. Simmer for 10 minutes and serve.