

# Shrimp & Black Bean Lettuce Wraps



Personal Chef Service

Try these instead of burgers for your next tailgate party

Serves 6

1T olive oil	2t cumin	1 pound shrimp, frozen, peeled, deveined
4 garlic cloves, minced	16oz salsa	1 very firm head lettuce
1 large red bell pepper, diced	1 ~ 16oz can black beans	3oz cheddar cheese, grated
1 onion, diced	1 ~ 4oz can chopped green chilies	

Heat olive oil in large skillet. Add garlic, red bell pepper and onion. Cook until softened. Add cumin, salsa, black beans and their juices and green chilies. Stir well, reduce heat and cook 30 minutes.

While black bean sauce is cooking, thaw shrimp in cold water. Remove tails and place shrimp on paper towels to dry. Dice into small pieces. Cut head lettuce into 4 large wedges and pull out 12 large leaves.

Remove black bean mixture from heat, add shrimp and stir well. Take 1 large lettuce leaf, pile a heaping spoonful of shrimp mixture into leaf and stop with grated cheese.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

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**Debbie Spangler ~ Certified Personal Chef**

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