

Main Course

Crockpot Shrimp in Tomato, Feta Sauce

**Gluten-Free*

Shrimps are a wonderful source of tryptophan. Tryptophan is an essential amino acid that has been shown to aid in sleep and regulate mood. So it seems to be a nutrient you want to make sure is a part of your diet. Some other examples of excellent sources of tryptophan are turkey, tuna, chicken, and soybeans.

You'll Need

- 2 tablespoons olive oil
- 1 medium onion chopped
- 2 garlic cloves minced
- 28 ounce canned tomatoes including the liquid
- 6 ounces tomato paste
- 1/4 cup dry white wine
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon freshly-ground black pepper
- 1 1/2 pounds medium shrimp; peeled, deveined
- 2 ounces feta cheese, crumbled
- Salt



Directions

- Heat oil in a sauté pan and add the onion and garlic. Cook, stirring often, until the onion is softened, about 4 minutes. Transfer to a 3 1/2-quart slow cooker. Add the tomatoes with their puree and the tomato paste, wine, parsley, oregano and pepper.
- Cover and cook for 6 to 8 hours on LOW. Then increase the heat to HIGH and add the shrimp.
- Cook just until the shrimp are firm and have turned pink, about 15 minutes.
- Stir in the feta cheese, taste and adjust seasonings and add salt if necessary.
- Serve immediately over pasta or with some fresh bread.

Play with your Food

Vary the type of white wine and feta cheese you use in this recipe.