

FAST

Lenten Theme



EAT THIS

Make this recipe together

Shrimp Tacos

Original Recipe from "Gimme Some Oven" (gimmesomeoven.com)

Yield: Makes 8-10 tacos

Time: Approximately 40 min

Description: Shrimp tacos with cilantro lime coleslaw, sliced avocado and a spicy chipotle crema

1. Prep the slaw and crema: Prepare the cilantro lime slaw according to instructions. Combine all of the chipotle crema ingredients in a blender and pulse until smooth. (If you would like to skip the blender, just finely chop the chipotle in adobo sauce and stir it together with the other ingredients in a mixing bowl until evenly combined. Or if you are using chipotle powder, you can definitely just stir the ingredients together by hand.)
2. Cook the shrimp. In a mixing bowl, toss the shrimp with the taco seasoning, plus a generous pinch of salt and black pepper, until evenly coated. Heat oil in a large non-stick sauté pan over medium-high heat. Cook the shrimp for 3 to 4 minutes, flipping once, until they are opaque and cooked through. Transfer to a clean plate and set aside.
3. Assemble the tacos: Fill each flour tortillas with a generous serving of the slaw, a few slices of avocado, a few shrimp, a drizzle of chipotle crema and sprinkle of your favorite toppings.

Shrimp Taco Ingredients:

- 1 batch cilantro lime slaw
- 1 pound large shrimp, peeled and deveined
- 2 to 3 tablespoons taco seasoning
- fine sea salt and freshly-cracked black pepper
- 2 tablespoons avocado oil (or olive oil)
- 8-10 flour tortillas (or corn tortillas)
- 2 avocados, peeled, pitted and thinly-sliced
- optional toppings: chopped fresh cilantro, chopped red or white onion, sliced jalapeño or serrano peppers, crumbled cotija cheese, and/or lime wedges

Chipotle Crema Ingredients:

- 1/2 cup plain Greek yogurt (or mayo)
- 1 chipotle chile in adobo sauce (or 1/2 teaspoon chipotle powder)
- 1 tablespoon lime juice
- 1/4 teaspoon fine sea salt



PRAY THIS

Pray this prayer together

1. Create a prayer space in your home

This can include a family Bible, crucifix or cross, and a candle

2. Share something you would each like to pray for

You can write down intentions and leave them on the prayer space throughout the day. Then read them when you come together.

3. Pray using the Stations of the Cross together. Below are some digital options:

- Stations of the Cross with Bishop Barron: <https://www.youtube.com/watch?v=pJNjtA-Awb4>
- Stations of the Cross for Kids: <https://www.youtube.com/watch?v=IY2hcqxh7IA>

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WATCH THIS

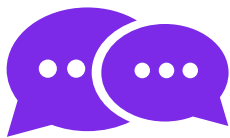
Watch this movie together

**As you eat your Shrimp Tacos, watch the film:
Toy Story 2**

Available at: Amazon; Disney+
Movie Run Time: 1 hr 32 min

Description:

The second installment in the Toy Story movie series depicts Woody (Tom Hanks) as he is stolen from his home by toy dealer Al McWhiggin (Wayne Knight), leaving Buzz Lightyear (Tim Allen) and the rest of the gang to try to rescue him. But when Woody discovers that he's actually a valuable collectible from a once-popular television show called "Woody's Roundup" and is reunited with his horse Bullseye, Jessie the yodeling cowgirl (Joan Cusack) and his faithful sidekick, Stinky Pete the Prospector (Kelsey Grammer), he doesn't want to leave.



DISCUSS THIS

Share together as a family

After watching the movie, use any of the following questions to share as a family.

1. What were some of the things Woody's friends had to give up in order to find him?
2. Was there ever a time when someone made sacrifices to help you? How is this like Jesus' parable of the Lost Sheep? (Luke Chapter 15)
3. What did Woody need to sacrifice in order to return home?
4. What did Jessie give up going to Japan? What did she gain?
5. How does fasting, or giving something up, help prepare us for something better? For what God has planned for us?

**Discover more at
www.fallriverfaithformation.org/iamhere**