

Souping Up Life

Tips To Help You

Cooked Shrimp, Vegetables Make A “Soup-er” Supper

(NAPSA)—“Soup of the evening, beautiful soup!” exclaimed the Mock Turtle in Lewis Carol’s *Alice’s Adventures in Wonderland*. The Mock Turtle might have been referring to Shrimp and Veggie Lovers’ Chowder, a rich and colorful medley of shrimp, corn, broccoli, carrots and cheese.

Chowders are known for being meals-in-themselves, needing few accompaniments. Refrigerated cornbread twists or crusty bakery rolls and bagged salad greens with bottled dressing round out the menu. Some fresh fruit for dessert, and presto—you’ve got a warm, satisfying, low-fat dinner.

Pre-cooked shrimp and frozen broccoli (or broccoli florets from the salad bar or bag) keep prep time to a minimum. While the chowder simmers and the bread warms, help the kids with their homework or return a phone call while you occasionally monitor the meal. You don’t need to stand over the stove continuously to make this special seafood soup.



Shrimp and Veggie Lovers’ Chowder

Alternatives: One 8-oz. package of surimi seafood OR 8 oz. fresh or pasteurized crabmeat, or a mixture of both.

- 2½ cups cubed, peeled potato
- 2 cups frozen whole-kernel corn, divided
- 1 cup chopped, peeled carrot
- 2 cloves garlic, minced
- 2½ cups low-sodium chicken broth
- 2½ cups frozen broccoli cuts
- 3 tablespoons all-purpose flour

- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups skim milk
- 1 (10 oz.) package frozen cooked shrimp
- 1 cup shredded reduced-fat sharp Cheddar cheese

Combine potato, 1 cup corn, carrot, garlic and chicken broth in a large Dutch oven; bring to a boil. Reduce heat and simmer 20 minutes or until potato is tender, stirring frequently. Transfer to a food processor; process until smooth. Return puree to Dutch oven; add remaining corn and broccoli. Cover and cook 10 minutes.

Combine flour, salt and pepper in a small bowl; gradually add milk, stirring constantly until smooth. Stir into chowder. Add frozen shrimp. Cook over medium heat 10 minutes or until thickened, stirring constantly. Remove from heat; Add cheddar cheese and stir until cheese is melted. Yield: 9 cups.

Nutritional analysis per cup: Calories 188; Fat 2.11g; Cholesterol 68.2mg; Protein 17.2g; Sodium 317mg.