

Shrimp-and-Corn Soup

	Cooking spray, as needed	1	can	(10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted
1	cup			chopped onion
1	cup			chopped green bell pepper
1	clove			garlic, minced
3/4	cup			(6 ounces) 1/3-less-fat cream cheese, softened
2	cups			fat-free milk
1	can			(15-ounce) can cream-style corn
		1 1/4	lbs	medium shrimp, peeled and deveined
		4	tsp	sliced green onions



Procedure

- 1 Heat a Dutch oven or large saucepan coated with cooking spray over medium-high. Add onion, bell pepper, and garlic, and sauté 5 minutes.
- 2 Stir in cream cheese; reduce heat, and cook until cheese is melted.
- 3 Add milk, corn, soup, and tomatoes; cook 10 minutes, stirring occasionally.
- 4 Bring milk mixture to a boil. Add shrimp; cook 5 minutes or until shrimp are done. Remove from heat. Sprinkle each serving with green onions.

Servings: 8

Yield: 8 servings (serving size: 1 cup soup and 1/2 teaspoon green onions)

Nutrition Facts

Serving size: 1/8 of a recipe.

Amount Per Serving	
Calories	228
% Daily Value	
Total Fat 7.4g	11%
Cholesterol 118mg	39%
Sodium 663mg	28%
Total Carbohydrates 20.8g	7%
Fiber 1.5g	6%
Protein 18.8g	38%

Recipe Type

Soups

Source

Source: Cooking Light

Web Page: www.myrecipes.com/recipe/quick-shrimp-and-corn-soup

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