



Weekly Recipes

November 30 - December 6, 2011



Shrimp, Corn & Sweet Potato Soup

1 Red Onion, Chopped

½ Cup Chopped Celery

½ Teaspoon Minced Garlic

1 Green Bell Pepper, Seeded and Chopped

2 Cups Diced Pealed Louisiana Yams

1(16-oz) Bag shurfine Frozen Corn

1(15-oz) can shurfine Cream-Style Corn

1(10-oz) can Shurfine Chopped Tomatoes and Green Chilies

1(6-oz) can Shurfine Tomatoe Paste

4 cups shurfine Fat-Free canned Chicken Broth

1 ½ pounds Peeled Medium shrimp

Shurfine Salt and Pepper to Taste

Chopped Green Onions, Optional

1. In large pot with nonstick cooking spray, sauté onion, celery, garlic and green pepper until tender. Add sweet potato, frozen corn, cream-style corn, tomatoes and green chilies, tomato paste and broth; bring mixture to boil.

2. Add shrimp, bring to boil, reduce heat and continue cooking until shrimp are done, about 10 minutes. Season with salt and pepper; garnish with green onions, if desired and serve.

