

West Indies Crab & Shrimp Soup T.V. recipe.

$\frac{1}{2}$ cup olive oil

1 large onion (diced)

1 tbsp jalapeno chopped peppers.

1 tbsk dried thyme

Saute above in large pot.

Then add a mixture of clam
juice & water (or clamato) & water.
1 cup okra

1 small bunch Kale

1 " " greens, (turnip, broccoli
cabe, spinach) eq.

Simmer, 1 to 2 hrs or until
okra seeds have turned pink
and greens are tender.

Then add abt 2 cups lump
crab meat, about 8 shrimp
peeled but leaving tails.

add small piece of salt pork
or bacon, and cook until
shrimp is pink.

ASPARAGUS SOUP

$\frac{1}{4}$ cup unsalted butter

1 onion, finely chopped

1 celery stalk, finely chopped

4 cups chicken stock

3 lbs. asparagus, trimmed
and cut into 1" pieces,
tips reserved

2 baking potatoes, peeled
and cut into 1" cubes

2 Tbs. fresh basil,
finely chopped

2 cups heavy cream

Salt and white pepper

In a large saucepan, melt the
butter over medium heat. Add
onion and celery and sauté until
translucent, 2-3 min. Add the
stock, asparagus stalks, about
 $\frac{2}{3}$ of the tips, potatoes and
basil. Bring to a boil, reduce
heat, cover and gently simmer
until vegetables are tender,
about 20 min. In small batches,
puree the soup in a blender,
strain and return to pan. Stir in
the cream, season to taste with
salt and pepper and warm over
low heat. Meanwhile, bring a
small saucepan of water to a
boil. Add the reserved aspara-
gus tips and cook until tender,
3-4 min. Drain. Serve soup
immediately and garnish with
the asparagus tips. Serves
6-8. Adapted from W-S Soups.

CORN CHOWDER

Makes 6 servings at 90¢ each.

Prep: 20 minutes. **Cook:** 35 minutes.

3 slices bacon, chopped

1 medium-size onion, diced

4 cups fresh corn kernels

2 large potatoes, peeled, diced

1 celery rib, diced

2 cans (13 $\frac{1}{2}$ ounces each)

reduced-sodium chicken broth

1 cup water

1 $\frac{1}{2}$ cups milk

4 ounces Virginia ham, cut into
1 x $\frac{1}{4}$ -inch strips

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

1. Sauté bacon in large saucepan
over medium-low heat 4 minutes. Add
onion; cook 4 minutes; do not brown.

2. Add 3 cups corn kernels, potatoes,
celery, broth and water. Simmer 25
minutes or until potatoes are tender.

3. Transfer 3 cups of mixture to food
processor or blender. Whirl until
pureed. Pour back into saucepan.

4. Add milk, remaining corn, ham,
salt and pepper. Gently heat through.

Nutrient Value Per Serving:

297 calories, 15 g protein, 9 g fat,
44 g carbohydrate, 914 mg sodium,
25 mg cholesterol.

Exchanges: 2 starch/bread, $\frac{4}{5}$ meat,
 $\frac{1}{4}$ milk, $\frac{1}{4}$ vegetable, 1 $\frac{1}{2}$ fat.