

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

$\frac{1}{2}$  cup olive oil  
1 large onion (diced)  
1 tbsk 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 cup " greens, (turnip, broccoli  
rabe, 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 all fish  
or bacon, and cook until  
shrimp is pink.

## ASPARAGUS S O U P

$\frac{1}{4}$  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 saute 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 asparagus 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  
1/4 teaspoon salt  
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,  $\frac{1}{2}$  meat,  
 $\frac{1}{4}$  milk,  $\frac{1}{4}$  vegetable,  $1\frac{1}{2}$  fat.