

Caldillo Panameno (Shrimp-Crab Meat Soup)

*Analida V de de Roux - Panama, Republic of Panama
Treasure Classics - National LP Gas Association - 1985*

*1 pound onions, finely
chopped
2 green peppers, finely
chopped
3 cloves garlic, finely
chopped
2 tablespoons olive oil
1 can (16 ounce) whole
tomatoes, finely chopped
1/2 can (6 ounce) tomato
paste
3 cups beef consomme'
3 bay leaves
1/2 teaspoon marjoram
1/2 teaspoon cumin
1/8 teaspoon cayenne
pepper
1/2 hot pepper
1 can (6-1/2 ounce) crab
meat
1 pound shrimp, shelled and
deveined
1 poached egg per serving*

Preparation Time: 15 minutes

Cook Time: 45 minutes

Saute' the onions, green peppers and garlic in the olive oil until the onions become transparent. Add the whole tomatoes, pressed through a coarse sieve, the tomato paste and beef consomme'.

Bring the liquid to a boil and simmer for 30 minutes or until the vegetables are soft. Season the soup with salt and pepper to taste. Add the bay leaves, marjoram, cumin, cayenne and hot pepper. Continue to simmer for 15 minutes.

About 7 minutes before the caldillo is ready to be served, add the crab meat and shrimp.

Poach one egg per serving.

Place the egg in a soup plate and ladle the soup over it.

Best when served with butter bread.

Per Serving (excluding unknown items): 1181 Calories; 38g Fat (29.2% calories from fat); 131g Protein; 79g Carbohydrate; 17g Dietary Fiber; 810mg Cholesterol; 1672mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 13 Vegetable; 5 1/2 Fat.