
Creamy Corn Soup with Ham, Crabmeat or Shrimp

Margaret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 cans (14-1/2 ounce ea) creamed corn

2 cups chicken broth

2 tablespoons dry sherry or white wine

1 teaspoon salt

1/4 cup chopped ham, cooked crabmeat or shrimp

1 teaspoon sesame oil

3 tablespoons green onions, finely chopped

In a medium saucepan, bring the corn and stock to a gentle boil. Stir in the sherry and salt. Add the ham or seafood. Cook for 1 minute and stir until the soup is hot and everything is combined.

Remove from the heat and stir in the sesame oil and green onions.

Serve warm or hot.

Soups, Chili, Stew

Per Serving (excluding unknown items): 307 Calories; 8g Fat (22.7% calories from fat); 14g Protein; 50g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4391mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat.