

# Shrimp and Corn Soup

Mrs. Cora B. Johnson

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

## Servings: 6

*1/3 cup oil*  
*3 tablespoons flour*  
*2 medium onions, finely chopped*  
*1 large bell pepper, coarsely chopped*  
*1 pound medium shrimp, peeled*  
*2 tablespoons parsley*  
*salt (to taste)*  
*pepper (to taste)*  
*red pepper (to taste)*  
*1 can (one pound) whole peeled tomatoes, undrained*  
*1 can (one pound) whole kernel corn, frozen (drain off one-half of liquid)*  
*1 cup water*

In a saucepan, make a roux with the oil and flour. When the roux is golden brown, add the onions. Cook for 10 to 15 minutes.

Add the bell pepper, shrimp, parsley, salt and pepper. Simmer for 5 to 10 minutes.

Add the tomatoes, corn and water. Simmer at least one hour, adding more water gradually until the desired consistency.

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Per Serving (excluding unknown items): 244 Calories; 14g Fat (49.7% calories from fat); 17g Protein; 14g Carbohydrate; 2g Dietary Fiber; 115mg Cholesterol; 116mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	244	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.7%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	22.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	26mcg
Saturated Fat (g):	2g	Niacin (mg):	3mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	115mg	% Daily Value*	0 0%

Carbohydrate (g):	14g
Dietary Fiber (g):	2g
Protein (g):	17g
Sodium (mg):	116mg
Potassium (mg):	301mg
Calcium (mg):	53mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	25mg
Vitamin A (i.u.):	327IU
Vitamin A (r.e.):	60RE

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 244 Calories from Fat: 121

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	2g	8%
<b>Cholesterol</b>	115mg	38%
<b>Sodium</b>	116mg	5%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	2g	7%
<b>Protein</b>	17g	

<b>Vitamin A</b>	7%
<b>Vitamin C</b>	42%
<b>Calcium</b>	5%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.