

Spicy Shrimp and Red Bean Soup

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

Cook time: 20 minutes

2 tablespoons olive oil

3 cloves garlic, chopped

1 medium rib celery, chopped

2 green onions, chopped

1 can (15 ounce) red kidney beans, drained

1 can (10 ounce) tomatoes with green chilies

1 can (10 ounce) condensed cream of mushroom soup

3/4 cup water

1 sprig fresh dill

12 ounces medium shrimp, peeled and deveined

In a large saucepan, warm the oil over medium heat.

Stir in the garlic, celery and green onions. Cook, stirring frequently, until tender, about 3 minutes.

Stir in the beans, tomatoes, soup and water. Bring to a boil.

Stir in the dill. Reduce the heat to medium and simmer for 10 minutes.

Stir in the shrimp and simmer until the shrimp are pink, about 5 minutes.

Serving Ideas: Serve with garlic toast to make it a complete meal.

Per Serving (excluding unknown items): 401 Calories; 15g Fat (32.4% calories from fat); 30g Protein; 39g Carbohydrate; 8g Dietary Fiber; 130mg Cholesterol; 1004mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 1/2 Fat.