

Tomato Seafood Soup

Taste of Home One-Dish Meals

Servings: 8

For a little extra zip, add red pepper flakes or use jalapeno flavored tomatoes.

1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 tablespoon olive oil
1/2 teaspoon garlic, minced
1 can (14 oz) diced tomatoes, undrained
1 jar (14 oz) spaghetti sauce
1 cup salsa
3/4 cup chicken broth
1/2 cup white wine or additional chicken broth
3 teaspoons dried parsley flakes
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon pepper
1 package (12 oz) frozen uncooked shrimp, thawed, peeled and deveined
1 package (8 oz) imitation crabmeat, drained, flaked and cartilage removed
1 can (6 1/2 oz) minced clams, undrained

In a Dutch oven, saute' onion and green pepper in oil until onion is tender. Add garlic; stir 1 minute longer.

Stir in the tomatoes, spaghetti sauce, salsa, broth, wine and seasonings. Bring to a boil. Reduce heat; cover and simmer for 20 minutes.

Add the shrimp, crab and clams. Cover and simmer for 5 to 7 minutes or until shrimp turn pink.

Yield: 2 quarts

Per Serving (excluding unknown items): 73 Calories; 3g Fat (40.4% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 369mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.