

# Shrimp Soup with Chili Tortilla Chips

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**Servings: 6**

1 large (about one cup) poblano pepper, seeded and chopped  
1 medium (1/2 cup) onion, chopped  
2 cloves garlic, minced  
1 tablespoon vegetable or olive oil  
1 quart reduced-sodium chicken broth  
1/4 teaspoon salt  
1/4 teaspoon crushed red pepper  
1 package (12 ounce) frozen shrimp, peeled and deveined  
1 cup frozen corn  
1 can (15 ounce) cannellini beans (white kidney beans), rinsed and drained  
1/4 cup snipped fresh cilantro  
2 tablespoons lime juice  
1 small avocado, halved, seeded, peeled and thinly sliced or chopped  
Chili Tortilla Strips  
2 8- to 9-inch flour tortillas  
1 tablespoon vegetable oil  
1/2 teaspoon chili powder

Make the Chili Tortilla Strips: Preheat the oven to 350 degrees. Brush one side of the flour tortillas with the vegetable oil. Sprinkle with the chili powder. Using a pizza wheel, cut into strips or wedges. Place in a single layer on a very large baking sheet. Bake 10 to 12 minutes or until crisp.

In a 4- to 5-quart Dutch oven, cook the poblano pepper, onion and garlic in hot oil until just tender. Add the broth, salt and crushed red pepper. Bring to boiling. Add the frozen shrimp, corn and drained beans. Return to boiling.

Simmer, uncovered, about 2 minutes or until the shrimp are opaque. Stir in the cilantro and lime juice. Serve in shallow bowls topped with avocado and Chili Tortilla Strips.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 191 Calories; 9g Fat (42.2% calories from fat); 4g Protein; 25g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 211mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 Fat.

Soups, Chili and Stews

**Per Serving Nutritional Analysis**

Calories (kcal):	191	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	42.2%
% Calories from Carbohydrates:	49.7%
% Calories from Protein:	8.2%
Total Fat (g):	9g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	211mg
Potassium (mg):	366mg
Calcium (mg):	44mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	32mg
Vitamin A (i.u.):	395IU
Vitamin A (r.e.):	39 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	67mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 191 Calories from Fat: 80

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	2g	8%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	211mg	9%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	3g	11%
<b>Protein</b>	4g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		53%
<b>Calcium</b>		4%
<b>Iron</b>		8%

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