

Spinach And Shrimp Soup

Creamy broth, perfectly accented with white wine, makes this soup a special treat.

Fresh (or frozen, thawed) uncooked medium shrimp (with shells)	1 lb.	454 g
Water	7 cups	1.75 L
Dry white (or alcohol-free) wine	1 cup	250 mL
Chopped onion	1/2 cup	125 mL
Chopped carrot	1/2 cup	125 mL
Olive (or canola) oil	1 tbsp.	15 mL
Chopped onion	1 cup	250 mL
Garlic cloves, minced (or 1 tsp., 5 mL, powder)	4	4
All-purpose flour	1 tbsp.	15 mL
Fresh spinach, stems removed, coarsely chopped, lightly packed	6 cups	1.5 L
Chopped fresh parsley (or 1 1/2 tsp., 7 mL, flakes)	2 tbsp.	30 mL
Salt	1 tsp.	5 mL
Can of evaporated milk	5 1/2 oz.	160 mL

Peel and devein shrimp, reserving shells and tails. Coarsely chop shrimp. Transfer to medium bowl. Set aside.

Put reserved shells and tails into large pot or Dutch oven. Add next 4 ingredients. Stir. Bring to a boil on medium-high. Reduce heat to medium. Simmer, uncovered, for 20 minutes, stirring occasionally. Strain through sieve into large bowl. Discard solids. Set liquid aside.

Heat olive oil in same pot on medium. Add second amount of onion. Cook for 5 to 10 minutes, stirring often, until softened.

Add garlic. Heat and stir for 1 to 2 minutes until fragrant.

Add flour. Heat and stir for 1 minute. Slowly add reserved liquid, stirring constantly, until boiling and slightly thickened. Reduce heat to medium-low. Simmer, uncovered, for 5 minutes, stirring occasionally.

Add spinach, parsley and salt. Heat and stir for about 3 minutes until spinach is wilted.

Add shrimp and evaporated milk. Heat and stir on medium-high for about 2 minutes until shrimp turns pink. Makes about 8 cups (2 L) soup. Serves 6.

1 serving: 202 Calories; 6.1 g Total Fat (2.6 g Mono, 0.9 g Poly, 2 g Sat); 110 mg Cholesterol; 12 g Carbohydrate; 3 g Fibre; 18 g Protein; 581 mg Sodium