

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Spicy Shrimp or Meat and Veggies Soup

Yield: 2 servings, about 1 cup each

- 1 teaspoon cooking oil
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1 cup water
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/2 cup chunky salsa
- 2/3 cup cooked split peas, lentils or dry beans (any kind, such as black beans, red beans, chickpeas), cooked without salt, rinsed and drained
- 3/4 cup cooked small shrimp, deveined and without tails, or chopped cooked poultry, meat or fish (without bones and trimmed of fat)
- 1 cup torn or chopped spinach or collard greens, fresh or frozen

1. Wash your hands and work area.
2. Over medium heat, warm oil in a saucepan. Cook onion and garlic until tender, about 3 minutes.
3. Add water, cinnamon, ginger, salsa, cooked split peas/lentils/dry beans, and cooked shrimp/poultry/meat/fish.
4. Boil until heated through, stirring frequently.
5. Stir in greens. Boil until just wilted, stirring frequently.
6. Serve hot.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.



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Meal suggestion:

Serve with nectarines, whole grain bread and low-fat milk.

This hot main dish is an excellent source of vitamin A and dietary fiber, and is a good source of vitamin C and iron.

Nutrition Facts

Serving Size 1 cup (336g)
Servings Per Container 2

Amount Per Serving

Calories 190 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 630mg **26%**

Total Carbohydrate 23g **8%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 19g

Vitamin A 35% • Vitamin C 15%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.