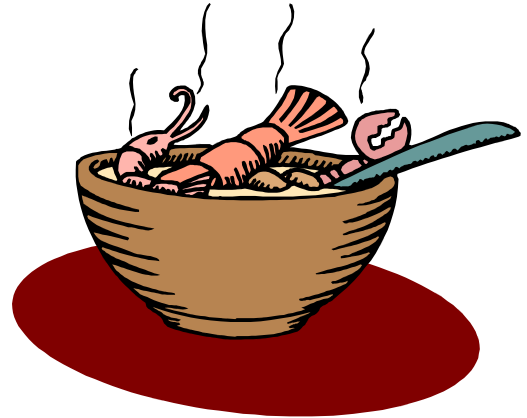


CRAWFISH SOUP

1 stick margarine
3 stalks chopped celery
1 med. chopped onion
3 or 4 green onion tops, chopped
2 cans lowfat cream of mushroom soup
2 cans evaporated skim milk
1 (8 oz) lowfat pepper cheese
1 or 2 (10 oz) frozen broccoli
2 lbs. Crawfish tails
Tony's Seasoning
¼ to ½ tsp garlic powder
¼ tsp red pepper, optional



Sauté veggies in margarine until softened. Add soup and evaporated milk. Cook until bubbly. Add Cheese, broccoli, crawfish tails, seasoning, garlic powder and red pepper. Cook on low heat for 30–35 minutes.

NOTE: Thin with chicken broth after you add crawfish, if needed.

Makes 8 servings.

Per serving of original recipe:

Calories: 440

Total fat: 30 grams

Saturated: 18 grams

Cholesterol: 235 grams

Sodium: 700 mg

Dietary fiber: 3.13 grams

Carbohydrates: 12 grams

Protein: 31 grams

Source: www.stayhealthyla.org