

Chilled Tomato Shrimp Soup



Serves 4

Ingredients:

- 4 cups tomato juice
- 2 cups cooked shrimp
- 2 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 2 tsp prepared horseradish
- 2 drops Tabasco sauce

Procedure:

- Combine all ingredients and mix carefully to avoid mashing the shrimp.
- Chill before serving.

Per serving:

- Calories: 100
- Protein: 14 gm
- Carbohydrates: 9 gm
- Fat: 1 gm

This soup is a wonderful idea for a quick lunch. To make it even faster you may use frozen shrimp, just thaw first.