

Meal: Creamy Leek Soup with Shrimp



1 portion contains approximately: 400 calories

Ingredients (for 2 persons)

- 1 onion
- 2 large leek stalks
- 2 **tsp** margarine
- 1 **1/4 cup** vegetable broth
- 1/2 **cup** low-fat milk
- 1/2 **cup** reduced fat sour cream
- 1/2 **lbs** shrimp
- salt

- cayenne pepper
- nutmeg
- chives

Preparation

Finely chop onions, wash and slice the leeks. Heat margarine and saute the onions. Add leeks and saute for a few more minutes. Put in broth and milk and let simmer for about 10 minutes. Puree the soup in a blender or with an immersion blender. Add sour cream, spices and chives to season, stir well. Add shrimp, heat up the soup but do not bring to a boil. Serve with 2 slices of whole wheat bread.