

## **CREAMY CRAB & SHRIMP SOUP/SPINACH**

### **INGREDIENTS:**

2 1/4 C chicken stock (or canned low-sodium chicken broth)  
2 1/2 C bottled clam broth  
3/4 lb medium shrimp, shelled/cut in half lengthwise (shells reserved)  
2 TBS butter  
2 onions, chopped  
2 scallions (including green tops), chopped  
2 garlic cloves, minced  
1 1/2 tsp salt  
Large pinch of fresh-ground black pepper  
2 carrots, cut into 1/8"-thick diagonal slices  
3/4 C light cream  
3/4 lb lump crabmeat, picked free of shells  
1/2 lb spinach (stems removed & leaves washed), cut into 1/2" slices  
1/2 tsp dry sherry

### **DIRECTIONS:**

In medium saucepan, combine stock, clam broth & reserves shrimp shells - bring to boil over high heat - reduce heat & simmer 10 minutes, covered - strain - reserve stock & discard shells.

In large pot, melt butter over moderately low heat - add onions, scallions & garlic - cook, stirring occasionally, till onions are translucent (about 5 minutes). Add reserved stock & broth mixture + salt & pepper - bring to boil over moderately high heat - add carrots, reduce heat to low & simmer till carrots are almost tender (about 4 minutes).

Add cream & return to simmer - add shrimp & simmer till almost cooked through (about 2 minutes more) - add crab & spinach & simmer till heated through (about 30 seconds more). Do not cook longer or shrimp will be over-done! Stir in sherry & serve at once. (Overcooking shrimp to a rubbery state is very easy - so don't complete this soup ahead of time - BUT, you CAN make the recipe up to the point of adding the shrimp - then finishing will just 2-3 minutes more.)

Serves: 6