



Lean-O Cioppino



1/4th of recipe (1 heaping cup): 185 calories, 3.5g total fat (1g sat. fat), 885mg sodium, 20g carbs, 2g fiber, 13g sugars, 19g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

Two 15-oz. cans reduced-sodium creamy tomato soup with 4g fat or less per serving (like the Light in Sodium version of [Amy's Chunky Tomato Bisque](#))
One 10-oz. can whole baby clams, drained
6 oz. (about 30) cooked ready-to-eat medium-small shrimp
1/4 tsp. dried oregano
2 tbsp. chopped fresh basil
Salt and black pepper, to taste
Optional garnish: fresh basil leaves

Directions

Place a nonstick pot on the stove, and set temperature to medium heat. Pour in the soup.

Add clams, shrimp, oregano, and basil. Stirring often, bring to desired heat, about 2 minutes.

If you like, season to taste with salt and pepper and garnish with basil leaves. Enjoy!

MAKES 4 SERVINGS

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