

DINNER

Shrimp, Corn, and Potato Soup

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.75	231 kcal



Shrimp, Corn, and Potato Soup might be a good recipe to expand your main course repertoire. This recipe serves 8. Watching your figure? This gluten free, dairy free, and pescatarian recipe has 231 calories, 23g of protein, and 2g of fat per serving.

Ingredients

- | | |
|---|---|
| ☐ 2 cups chopped baking potato | ☐ ¼ teaspoon black pepper |
| ☐ 14¾ ounce cream-style corn
canned | ☐ 10 ounce diced tomatoes and green chiles,
undrained
canned |
| ☐ ½ cup chopped celery | ☐ 16 ounce package frozen whole-kernel corn,
thawed |
| ☐ 28 ounce fat-free, less-sodium chicken broth
canned | ☐ 1 garlic clove, minced |
| ☐ 1 cup chopped green bell pepper | ☐ ¼ cup thinly sliced green onions |

- ☐ 1¾ cups chopped red onion
- ☐ 1½ pounds shrimp, peeled and deveined
- ☐ ½ teaspoon salt
- ☐ 6 ounce no salt-added tomato paste
canned

EQUIPMENT Frying pan, Dutch oven

Method

- 1 Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- 2 Add onion, bell pepper, celery, and garlic; saut 5 minutes or until tender.
- 3 Add potato and next 5 ingredients (potato through tomato paste). Bring to a boil; cook 5 minutes. Stir in salt, black pepper, and shrimp; cook 5 minutes or until shrimp are done.
- 4 Sprinkle with green onions.

Nutrition per serving

231

KCAL

23 g

PROTEIN

2 g

FAT

36 g

CARBS

Saturated Fat

0.3 g · 2% of daily needs

Fibre

4.9 g · 20% of daily needs

Sugar

10.8 g · 12% of daily needs

Sodium

1,129 mg · 49% of daily needs

Cholesterol

137 mg · 46% of daily needs

Vitamin C

31.6 mg · 38% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-corn-and-potato-soup-148590