



Swimsuit-Ready in 20 Days: Dinner Recipes

Cream of Broccoli Soup with Sautéed Shrimp

2 ½ cups chicken broth

9 ounces broccoli florets

2 ¼ cups chopped carrots

¾ cup leeks, white part only, coarsely chopped

8 ounces shrimp, peeled, deveined, and cut into pieces.

1 tablespoons garlic powder

Salt and cracked black pepper to taste

Cooking oil spray

1. In a large saucepan, bring the chicken broth to a boil and add the broccoli, carrots, leeks, garlic powder, salt, and pepper. Cook for 3 minutes or until the broccoli is bright green and tender to the fork. Remove from the heat and let cool slightly.

2. Ladle a portion of the broccoli mixture into a blender and pulse until it reaches a creamy consistency. Pour the blended soup into a large saucepan. Repeat until all the broccoli mixture is blended. Reheat the soup.

3. Coat a nonstick skillet with cooking spray and heat the skillet. Add the shrimp and season with salt and pepper. Cook about 2 minutes.

To Serve: Ladle the soup into bowls and garnish with shrimp.

Servings: 2