

Oyster Stew

Ingredients

- 1/2 cup sliced leek or chopped onion
- 1 medium potato, diced
- 1 cup water
- 1/2 teaspoon instant chicken bouillon granules
- 1/4 teaspoon white pepper
- 2 12-ounce cans evaporated skim milk
- 1 pint shucked oysters
- 1 tablespoon snipped fresh parsley
- 2 teaspoons butter-flavored sprinkles (optional)

Preparation

1. In a 3-quart saucepan combine leek or onion, potato, water, bouillon granules, and white pepper. Bring to boiling. Reduce heat; cover and simmer for 7 minutes or until potatoes are done. Do not drain.
2. Stir in evaporated skim milk. Cook over medium heat for 5 minutes. Add undrained oysters. Cook about 5 minutes more or until edges of oysters curl, stirring frequently. Stir in parsley. Stir in butter-flavored sprinkles, if desired. Makes 6 servings.

Nutrition facts per serving: 181 calories, 2 g total fat, 1 g saturated fat, 45 mg cholesterol, 324 mg sodium, 25 g carbohydrate, 1 g fiber, 15 g protein, 21% vitamin A, 18% vitamin C, 31% calcium, 42% iron.