

Garides Soupa

(Spicy Shrimp Soup)
Submitted by Linda Lopos

Ingredients:

- 1 Tbs. oil
- 1 med. sweet (Vidalia) onion
- 1 jalapeno pepper, diced
- 2 large garlic cloves, minced/pressed
- 5 cups vegetable broth
- 1 10 – 14 oz. package fresh baby spinach
- 1 small bag frozen corn
- 2 cups mild refrigerated fresh salsa
- 2 tsp. ground cumin
- 1 ½ - 2 lb. large shrimp, shelled and deveined
- Salt and pepper to taste
- Fresh chopped cilantro or parsley

Preparation:

In a large saucepan (Dutch oven), sauté onion, jalapeno, and garlic, stirring often, until onion is soft. Add broth, vegetables, salsa and cumin. Bring to a boil. Reduce heat and simmer for about 5 min., uncovered. Add shrimp for about 1 min. until shrimp turn pink. Add salt and pepper to taste. Do not overcook or shrimp will be tough. Ladle into soup bowls and garnish with fresh chopped cilantro or parsley. Serve with crusty bread or tortilla chips.

It is necessary most of all for one who is fasting to curb anger, to accustom himself to meekness and condescension, to have a contrite heart, to repulse impure thoughts and desires, to examine his conscience, to put his mind to the test and to verify what good has been done by us in this or any other week, and which deficiency we have corrected in ourselves in the present week. This is true fasting.

St. John Chrysostom.