

CALORIE CONTROL RECIPES

LUNCH

Bombay Soup - Hot Soup for a cold winter day! – serves 4

4 tsp butter
2-4 cloves of garlic, crushed
2 tsp curry powder
1 cup steamed, mashed yam or sweet potato
4 cup chicken broth, fat skimmed off
2 cup evaporated skim milk
salt and pepper to taste
4 asparagus spears, cooked and cut into pieces

In a saucepan, melt butter. Add garlic and curry powder and saute until garlic is soft. Add yam/sweet potato mash and broth. Bring to boil, stirring constantly. Add milk and heat without boiling. Season to taste with salt and pepper, add asparagus pieces and serve.