



## Lean-O Cioppino



1/4th of recipe (1 heaping cup): 185 calories, 3.5g total fat (1g sat fat), 885mg sodium, 20g carbs, 2g fiber, 13g sugars, 19g protein

**Blue Plan (Freestyle™) SmartPoints®** value 5\*

**Prep:** 5 minutes    **Cook:** 5 minutes or less



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

## Ingredients

Two 15-oz. cans reduced-sodium creamy tomato soup with 4g fat or less per serving (like the Light in Sodium version of [Amy's Chunky Tomato Bisque](#))  
One 10-oz. can whole baby clams, drained  
6 oz. (about 30) cooked ready-to-eat medium-small shrimp  
1/4 tsp. dried oregano  
2 tbsp. chopped fresh basil  
Salt and black pepper, to taste  
Optional garnish: fresh basil leaves

## Directions

Place a nonstick pot on the stove, and set temperature to medium heat. Pour in the soup.

Add clams, shrimp, oregano, and basil. Stirring often, bring to desired heat, about 2 minutes.

If you like, season to taste with salt and pepper and garnish with basil leaves. Enjoy!

**MAKES 4 SERVINGS**

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.