



TUNA, PEPPER AND POTATO SOUP

- 2 bottles **Crown Prince Natural Clam Juice**
- 2 cans **Crown Prince Natural Yellowfin Tuna**, drained
- 4 medium baking potatoes, peeled and cubed
- 3 cups 2% low fat milk
- 1/2 medium green bell pepper, diced
- 1/2 medium red bell pepper, diced
- 6 slices bacon, cooked and crumbled (reserve 2 tablespoons for garnish)
- 1 1/2 cups shredded cheddar cheese (reserve 2 tablespoons for garnish)
- 4 green onions, sliced (reserve 2 tablespoons for garnish)
- 1 teaspoon seasoned salt
- 1/2 teaspoon black pepper
- 1/2 cup sour cream (for garnish)

In a stockpot, simmer potatoes in clam juice and milk until potatoes are tender. Slightly mash potatoes with a potato masher. Stir in tuna, bell pepper, bacon, cheese, onions, salt and pepper. Cook for 10 minutes.

Divide soup into serving bowls. Top with reserved ingredients. *Serves 6.*

Per Serving: 521 Calories (255 Calories from Fat), 29g Fat, 37g Protein, 29g Carbohydrate, 83mg Cholesterol, 1709mg Sodium