
Chowder, Shrimp and Corn

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes



Rating: 8.5

- 1 pound potatoes (leave half potatoes cut in half), peeled and chopped**
- 2 medium onions, peeled and chopped**
- 1 large red bell pepper, seeded and chopped**
- 1 pint chicken broth**
- 2 cups half and half**
- 1 can cream style corn**
- 1 can whole kernel corn, frozen**
- 2 cups milk**
- 1 teaspoon seasoned salt**
- 1/2 teaspoon freshly ground pepper**
- 1 pound Maine shrimp**

Place first 3 ingredients in large Dutch oven with chicken broth to cover, about 1 pint. Bring to boiling over high heat; reduce to low; cover and simmer about 10 minutes, until potatoes are fork-tender.

Remove Dutch oven from heat. With slotted spoon, transfer the 2 halved potatoes to a blender. Cover, with center part of blender cover removed, and blend with the cream. Pour potato mixture back into Dutch oven.

Add everything else except shrimp to the Dutch oven, season with seasoned salt and pepper. Simmer 20 minutes.

Add shrimp and cook until opaque, about 8 minutes. With fresh Maine shrimp, add to Dutch oven and turn burner off, stirring shrimp gently until opaque.

Garnish soup with chives or green tops of scallions

Yield: 1 gallon

Serving Ideas: Serve with crusty bread or toasted biscuits.

Fish and other Seafood, Soups

Per Serving (excluding unknown items): 212 Calories; 13g Fat (52.5% calories from fat); 8g Protein; 18g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 557mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.