

Shrimp Chowder

Adapted from allrecipes.com



Servings: 8

1. In a large stock pot saute bacon until lightly browned and crispy. Remove to a paper towel and pour off most of the bacon grease. Add to the pot the celery, onions and butter. Saute for 3-5 minutes until the vegetables are translucent. Crush the dried thyme between your palms and add to the mixture.
2. Meanwhile, in another pot simmer the cubed potatoes in water until they are nearly tender. Drain and set aside.
3. To the vegetables add cream cheese and milk; stir over low heat until cream cheese is completely melted.
4. Add cooked potatoes, shrimp, reserved bacon, dry white wine and salt. Heat thoroughly (until shrimp have turned white), stirring occasionally. Add fresh pepper and taste for seasoning. Add more milk as needed to thin it to your desired consistency. Serve. May add chopped Italian parsley on top if desired.

6 slices lean bacon, chopped
1 cup celery, sliced
1/2 cup yellow onion, finely chopped
1/2 bell pepper, chopped
4 tablespoons butter, any color
1 teaspoon dried thyme
16 ounces cream cheese, diced
3 1/2 cups milk, or more as needed
1/4 cup dry white wine
1 large Russet potato, unpeeled, cubed
1 pound shrimp, thawed and drained
1/2 teaspoon salt
Freshly ground black pepper to taste
Chopped Italian parsley for garnish

Per Serving (excluding unknown items): 423 Calories; 32g Fat (69.5% calories from fat); 21g Protein; 11g Carbohydrate; 1g Dietary Fiber; 167mg Cholesterol; 594mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.

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