

# Savory Seafood Chowder

*My friend Cherrie, but she got it from Rita, a very dear friend from England*



*Simple and quick to make and just good, home-made fare.*

- 6 ounces crab meat, fresh, or lobster meat
- 1/4 pound shrimp, raw, medium sized, cut in chunks
- 4 pieces bacon, diced
- 8 ounces canned clams (including juice)
- 2 cloves garlic
- 2 cups diced potatoes, peeled, Idaho (I use one medium potato)
- 1 cup dry white wine (vermouth works)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 16 ounces creamed corn, canned
- 3 cups 2% low-fat milk
- 1 cup half and half
- 1/2 cup green onions, chopped
- 2 tablespoons Italian parsley, chopped (reserve a little for garnish)
- OPTIONAL (not in the original recipe):
  - 1 cup fresh corn, cut off the cob

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 5

*By reading the recipe you know there is corn in it, but the corn is so much in the background you'd hardly know it's there. That's why I added the optional item at the end - the fresh corn. If you want to make it a bit more elegant, add a pat of butter to each bowl and add some heavy cream to the mixture as you're heating it at the end.*

1. Drain crab, shrimp and clams, reserving all the liquid.
2. In a large skillet (big enough to hold all the soup) cook bacon gently for several minutes until crisp. Add garlic and stir briefly. Do not brown. Add potatoes, reserved liquid, wine and seasonings. Cover and simmer for 15-20 minutes or until potatoes are barely cooked through.
3. Add all the seafood, corn, milk, half and half, onions and parsley. Heat through using low to medium heat until it just reaches a simmer. Do not boil or the mixture will separate. Scoop into soup bowls and garnish with reserved parsley.

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Per Serving (excluding unknown items): 467 Calories; 13g Fat (26.9% calories from fat); 35g Protein; 47g Carbohydrate; 3g Dietary Fiber; 128mg Cholesterol; 856mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.