

Shrimp Corn Chowder

1/2 lb cooked salad shrimp
1/2 onion, chopped
2 tablespoons olive oil
1 cup low-sodium chicken broth
3-4 medium red-skinned potatoes, cubed with skin on
1/4 teaspoon white pepper
2 13-oz. cans evaporated skim milk
1 10-oz. package frozen corn kernels
1 tablespoon parsley, chopped

1. Sauté onion in oil in a 3-qt. saucepan until tender but not brown.
2. Add chicken broth, potatoes, and pepper. Cover and simmer until potatoes are tender, about 15 minutes.
3. Add milk and corn. Heat gently (do not boil).
4. Add shrimp just before serving. Garnish with parsley.

Makes 8 servings.

Per serving: 205 calories, 5 gm total fat, 1 gm saturated fat, 59 mg cholesterol, 216 mg sodium.

Source: *Seafood Twice a Week* by Evie Hansen & Cindy Snyder

Comments: This is a favorite soup when we're on the boat. Salad shrimp freezes nicely, so I typically buy some before we leave and keep it in the freezer in 1/2 lb. packets. This soup is easy to prepare, cooks quickly and tastes great, the ingredients are easy to find and store, and it reheats nicely. In order to reduce the overall quantity (because I'm usually just feeding the two of us and have limited space to store leftovers), I follow the above recipe, but decrease the potatoes to 2 medium-sized and the evaporated milk to one 13-oz. can. It makes the soup a little thicker and undoubtedly skews the nutrition information a little. When fixed this way, we get approximately 6 servings.