



Barbara's Seafood Chowder
Makes 6 main course servings

- 1 tablespoon olive or canola oil
- 1 – 1 ½ cups chopped onion
- 1 tablespoon minced garlic
- 1 ½ - 2 cups carrots, cut into sticks
- 1 ½ - 2 cups celery sliced on the diagonal
- 1 ½ - 2 cups potatoes, cut in 1-inch cubes
- 2 – 14 oz cans diced tomatoes in tomato juice (no salt if possible)
- 2 cups chicken broth (low sodium if possible)
- 1 tablespoon dried parsley
- ½ teaspoon dried basil
- ½ teaspoon dried thyme leaves
- ½ teaspoon salt (optional)
- ¼ teaspoon ground pepper
- 1/8 teaspoon cayenne (optional)
- 1 1/3 lbs skinless fish fillet cut into 1" cubes (scrod or halibut work well)
- ¾ lb large shrimp (remove shells from frozen shrimp)

- Heat oil in large pot (5 qt or more). Add onion, sauté over medium heat (2 minutes). Add garlic, sauté 1 minute longer.
- Add carrots & celery; sauté about 5 minutes, stirring often. Add tomatoes & juice, broth & all herbs & seasonings.
- Bring to a boil, reduce heat, cover & simmer 10 min.
- Add potatoes, cover & simmer 10-15 min more.
- Add fish & shrimp, cover & simmer until done (about 5 minutes).

Adapted from "Manhattan-style Halibut Chowder" in Jane Brody's Good Seafood Book.

Nutritional information:

Calories: 300.7 Total Fat: 6.4g Saturated Fat: 0.9g
Sodium: 564.4mg Carbohydrates: 19.8g Fiber: 4.0g
Protein: 40.5g