

Seafood

Seafood Chowder Pot Pie

Betty Crocker Best-Loved Casseroles

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 20 minutes

1 teaspoon salt
2 cups russet potatoes, peeled and diced
4 slices bacon, cut in half
1/3 cup all-purpose flour
2 bottles (8 oz) clam juice
1/4 cup whipping cream
1/2 teaspoon onion salt
1 cup frozen peas and carrots , thawed
1 cup frozen corn, thawed
1 tablespoon fresh thyme leaves, chopped
6 ounces medium shrimp, cooked and peeled
1 can (6 oz) crabmeat, drained and flaked
1 sheet frozen puff pastry sheet, thawed

Preheat oven to 400 degrees.

Spray an 11x7-inch baking dish with cooking spray.

In a 2-quart saucepan, heat two cups of water and the salt to boiling. Add the potatoes and return to boiling. Reduce heat to medium. Cover and simmer for 5 to 7 minutes or until tender. Drain.

In a heavy 3-quart saucepan, cook the bacon over medium heat until crisp. Remove the bacon; crumble and set aside.

Using a whisk, stir the flour into the bacon drippings. Gradually stir in the clam juice, cream and onion salt. Cook and stir until thickened and bubbly. Stir in the potatoes, bacon, peas and carrots, corn and thyme. Cook for 3 to 4 minutes or until hot. Stir in the shrimp and crab. Spoon into the baking dish.

On a lightly floured surface, roll the puff pastry into a 12x8-inch rectangle. Cut slits in the pastry and place over the hot seafood mixture. Roll the outer edges of the pastry over the edges of the dish and press onto the edges.

Bake 30 to 40 minutes or until crust is deep golden brown.

Let stand 10 minutes.

Per Serving (excluding unknown items): 426 Calories; 23g Fat (47.5% calories from fat); 17g Protein; 39g Carbohydrate; 2g Dietary Fiber; 78mg Cholesterol; 775mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.