
Awendaw Seafood Chowder

Jane Gilmore Riley

Party Recipes from the Charleston Junior League - 1993

1/2 cup vegetable oil
2 cups peeled and diced potatoes
1 large green bell pepper, finely chopped
1 large onion , finely chopped
1 large clove garlic, minced
1/2 cup celery, chopped
1 can (28 ounces) tomatoes (or ten small fresh tomatoes)
1 can (6 ounce) tomato paste
2 cups water
2 bay leaves
2 tablespoons Worcestershire sauce
salt (to taste)
freshly ground pepper (to taste)
3 large carrots, sliced
2 pounds shelled clams, chopped and drained
1 pound shrimp, peeled, cleaned and deveined
1 small lemon, thinly sliced
2 tablespoons chopped parsley

In a Dutch oven, heat the oil and brown the potatoes, green bell pepper, onion, garlic and celery over medium heat.

Add the tomatoes, tomato paste, water, bay leaves, Worcestershire sauce, salt, pepper and carrots. Simmer over low heat until the carrots are tender, about 30 minutes.

Add the clams, shrimp, lemon and parsley. Cook until the clams and shrimp are cooked through, about 15 minutes.

Serve hot in cups or bowls.

Yield: 10 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 1730 Calories; 118g Fat (60.2% calories from fat); 102g Protein; 74g Carbohydrate; 16g Dietary Fiber; 690mg Cholesterol; 2152mg Sodium. Exchanges: 13 Lean Meat; 11 1/2 Vegetable; 1/2 Fruit; 22 Fat; 1/2 Other Carbohydrates.