

Bacon-Corn Chowder with Shrimp

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Servings: 4

6 slices center-cut bacon, chopped
1 cup onion, chopped
1/2 cup celery, chopped
1 teaspoon fresh thyme, chopped
1 clove garlic, minced
4 cups fresh or frozen corn kernel, thawed
2 cups fat-free lower-sodium chicken broth
3/4 pound medium shrimp, peeled and deveined
1/3 cup half-and-half
1/4 teaspoon ground black pepper
1/8 teaspoon salt

Heat a large Dutch oven over medium-high heat.

Add the bacon to the pan. Saute' for 4 minutes or until the bacon begins to brown. Remove two slices of bacon and drain on paper towels.

Add the onion, celery, thyme and garlic to the pan. Saute' for 2 minutes.

Add the corn and cook for 2 minutes, stirring occasionally.

Add the broth. Bring to a boil and cook for 4 minutes.

Place two cups of the corn mixture into a blender.

Remove the center piece of the blender lid to allow steam to escape. Secure the lid on the blender. Place a clean towel over the opening in the blender lid to avoid splatters. Blend until smooth.

Return the puree'd corn mixture to the pan.

Stir in the shrimp. Cook 2 minutes or until the shrimp are done.

Stir in the half-and-half, pepper and salt.

Crumble the reserved bacon over the soup.

Per Serving (excluding unknown items): 109 Calories; 2g Fat (12.9% calories from fat); 18g Protein; 5g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 204mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.