

Coconut Shrimp Chowder

Michalene Baskett - Decatur, GA

Simple&Delicious Magazine - April/ May 2012

Servings: 5

Start to Finish Time: 30 minutes

1 medium onion, chopped

2 teaspoons canola oil

1/4 teaspoon cayenne pepper

2 cups chicken broth

1 package (10 oz) frozen corn

1/4 teaspoon salt

1/4 teaspoon pepper

1 can (13.66 oz) coconut milk

1 pound uncooked medium shrimp, peeled and deveined

1/4 cup lime juice

2 tablespoons fresh cilantro, minced

1 medium ripe avocado, peeled and cubed

In a large saucepan, saute' the onion until tender.

Add the pepper. Stir in the broth, corn, salt and pepper. Bring to a boil.

Reduce the heat and simmer, uncovered, for 5 minutes.

Remove from the heat and stir in the coconut milk. Cool slightly.

Process the soup in a food processor in batches until blended. Return all to the pan.

Add the shrimp. Cook and stir over medium heat for 5 to 6 minutes or until the shrimp turn pink.

Stir in the lime juice and cilantro.

Garnish the servings with avocado.

Per Serving (excluding unknown items): 169 Calories; 14g Fat (70.1% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 421mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.