

Corn & Crab Chowder

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Servings: 2

4 ounces butter
1 onion, diced
1 stalk celery, diced
2 cans (15 oz) Glory Foods skillet corn
1/2 cup water
1 teaspoon thyme
1 tablespoon garlic, minced
5 bay leaves
1/2 teaspoon cayenne pepper
1 1/2 cups heavy cream
1 pound lump crab meat
1 teaspoon salt
1 teaspoon pepper

In a heavy pot, melt the butter over low heat.

Add the onion and celery while stirring constantly.

Once the onions and celery are translucent, add the corn and water. Continue to stir until the corn is heated through.

Stir in the cream, thyme, bay leaves and cayenne pepper. Bring to a simmer. Reduce to a desired consistency.

Add the crabmeat. Heat through and serve.

Per Serving (excluding unknown items): 1059 Calories; 112g Fat (93.1% calories from fat); 5g Protein; 13g Carbohydrate; 2g Dietary Fiber; 369mg Cholesterol; 1624mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Non-Fat Milk; 22 1/2 Fat.