

New England Seafood Chowder

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A comforting classic, this chowder is chockful of satisfying goodies: large shrimp and chunks of cod fillet in a creamy stock filled with leeks, red new potatoes and corn.

Active Time: 15 minutes

Total Time: 8 hours

Recipe Ingredients

- 2 leeks, halved lengthwise and thinly sliced (white & light green only)
- 8 oz red new potatoes, cut in eighths
- 1 1/2 cups fresh corn or 1 can (11 oz) corn niblets, drained
- 1 can (10 oz) condensed cream of celery soup
- 1 1/2 cups water
- 1 bay leaf
- 1/4 tsp dried thyme
- 1/8 tsp ground red pepper (cayenne)
- 8 oz cod fillets, cut into 1-in. chunks
- 8 oz raw large shrimp, peeled
- 1 cup milk
- 4 slices precooked bacon (from a 2.1-oz box)

Recipe Preparation

1. Place leeks, potatoes and corn in a 3 1/2-qt or larger slow-cooker. Add soup, water, bay leaf, thyme and cayenne; mix gently.
2. Cover and cook on low 6 to 8 hours until potatoes are tender. Add seafood about 15 minutes before serving; heat until fish is just cooked through. Stir in milk; remove bay leaf. Remove from heat.
3. Heat bacon as package directs; crumble over bowls of chowder.



Photo: Mary Ellen Bartley

Nutrition Facts

Yield 1 3 1/2-qt Slow-Cooker
Servings 6

Amount Per Serving

Calories 250

Total Fat 7g

Saturated Fat 2g

Cholesterol 88mg

Sodium 628mg

Total Carbohydrates 28g

Dietary Fiber 3g

Protein 20g