

# Rustic Fish Chowder

*Diana Lassen - Eugene, OR  
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**Servings: 12****Yield: 3 quarts**

*1/4 cup butter, cubed  
1 small onion, finely  
chopped  
1 clove garlic, minced  
3 pounds (6 medium)  
potatoes, cut into 1/2 inch  
cubes  
1 1/2 cups fresh or frozen  
corn  
5 cups chicken broth  
1 1/2 teaspoons salt  
3/4 teaspoon celery salt  
3/4 teaspoon pepper  
1/2 teaspoon dried thyme  
1 pound cod or halibut  
fillets, cut into 3/4 inch  
pieces  
1 cup heavy whipping  
cream  
hot pepper sauce (optional)*

**Preparation Time: 15 minutes****Cook Time: 30 minutes**

In a six-quart stockpot, heat the butter over medium heat. Add the chopped onion. Cook and stir until tender, 3 to 4 minutes.

Add the minced garlic. Cook 1 minute longer. Add the potatoes, corn, broth, salt, celery salt, pepper, thyme and hot pepper sauce, if using. Bring to a boil. Reduce the heat. Simmer, covered, until the potatoes are tender, 10 to 15 minutes. Mash the potatoes slightly.

Stir in the cod and the cream. Bring to a boil. Reduce the heat. Simmer, covered, until the fish just begins to flake easily with a fork, 6 to 8 minutes.

Per Serving (excluding unknown items): 147 Calories; 12g Fat (71.3% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 732mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2