
Seafood Chowder III

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

Servings: 6

1 to 2 cans New England clam chowder

1 can cream of tomato soup

1 can cream of mushroom soup

1 can cream of celery soup

1 small can minced clams

1 can crabmeat

small baby shrimp

milk

white wine (optional)

In large soup pot, mix all of the ingredients together.

Add soup cans of milk to the soup pot using one less can of milk than the number of cans of soup added to the mixture.

If desired, add a little white wine, to taste.

Simmer the soup and heat to serving temperature.

Soups, Chili, Stew

Per Serving (excluding unknown items): 72 Calories; 3g Fat (40.0% calories from fat); 6g Protein; 5g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 549mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.