
Shrimp and Corn Chowder

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1 tablespoon olive oil
1 tablespoon butter
1 shallot, chopped
1 spring onion (or 2 green onions), chopped
2 tablespoons flour
3 ounces country ham, chopped
2 cups fresh sweet corn, cut from the cob
8 ounces large shrimp, peeled and chopped
5 cups whole milk
2 ounces cheddar cheese (or any cheese)
fresh thyme

In a large saucepan, heat the olive oil and butter.

Add the shallot and spring onion. Saute' for 10 minutes.

Add the flour. Cook for 3 minutes.

Add the country ham and corn. Saute' for 10 minutes.

Add the shrimp and milk. Cook for 10 minutes, until thickened.

Add the cheese and fresh thyme.

Yield: 7 cups

Per Serving (excluding unknown items): 1275 Calories; 70g Fat (49.4% calories from fat); 88g Protein; 72g Carbohydrate; trace Dietary Fiber; 542mg Cholesterol; 1052mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 5 Non-Fat Milk; 12 1/2 Fat.