

# Shrimp Chowder

Gary Bright

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

**Servings: 8**

**Yield: 6 cups**

*1/4 cup butter or margarine*

*4 large onions, sliced*

*1 cup hot water*

*1 tablespoon salt*

*1/2 teaspoon seasoned*

*pepper*

*6 cups milk*

*6 medium potatoes, cubed*

*2 cups (8 ounce) shredded*

*sharp cheese*

*2 pounds shrimp, shelled  
and deveined*

*3 tablespoons chopped  
parsley (for garnish)*

In a pot on medium-high, cook the onions in butter until tender. Add the water, potatoes, salt and pepper. Reduce the heat to low. Cook until the potatoes are tender. Do Not Drain.

In another pan, heat the milk and cheese on low until the cheese is melted. Stir a lot. DO NOT ALLOW TO BOIL.

Add the shrimp to the potatoes. Cook until pink and tender, about 3 minutes.

To serve, add the cheese mix to the shrimp and potatoes. Heat. DO NOT ALLOW TO BOIL.

Garnish with parsley.

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Per Serving (excluding unknown items): 377 Calories; 14g Fat (33.5% calories from fat); 32g Protein; 31g Carbohydrate; 2g Dietary Fiber; 213mg Cholesterol; 1124mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 2 Fat.