

Fish Chowder

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*3 pounds fish, skinned
4 to 5 medium potatoes,
mashed
3 to 4 carrots, mashed
1 tablespoon salt
4 tablespoons butter or
margarine
1 tomato, skinned and
chopped
1 cup chopped onion
3 tablespoons chopped
parsley
1 cup sour cream or heavy
cream
salt (to taste)
pepper (to taste)*

Cut the fish into two-inch pieces. Place in a large pot. Add 1-1/2 to 2 inches of water, enough to cover the fish. Boil for 10 minutes. Remove the fish and set aside.

Boil the potatoes in the same water. When well done, mash them in the pot.

While the potatoes are boiling, boil the carrots in a separate pan until soft. Mash the carrots.

Shred or mash the fish and de-bone.

Add everything, except the sour cream, to the potatoes in the pot.

Simmer for one hour. Do not boil!

Add the sour cream during the last 15 minutes of cooking.

Per Serving (excluding unknown items): 975 Calories; 48g Fat (42.3% calories from fat); 16g Protein; 130g Carbohydrate; 19g Dietary Fiber; 124mg Cholesterol; 6990mg Sodium. Exchanges: 5 1/2 Grain(Starch); 8 Vegetable; 9 Fat.