

Golden Seafood Chowder

Taste of Home One-Dish Meals

Servings: 4

1/2 cup onion, finely chopped
1/4 cup butter, cubed
1 can (14 1/2 oz) chicken broth
1 cup peeled potato, cubed
2 ribs celery, chopped
2 medium carrots, chopped
1/4 cup clamato juice
1/4 teaspoon lemon-pepper seasoning
1/4 cup all-purpose flour
2 cups milk
2 cups (8 oz) sharp cheddar cheese, shredded
1 can (6 oz) crabmeat, drained, flaked and cartilage removed
1 cup cooked medium shrimp, peeled and deveined

In a large saucepan, saute' the onion in butter until tender.

Stir in the broth, potato, celery, carrots, Clamato juice and lemon-pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 20 minutes or until vegetables are tender.

In a small bowl, whisk flour and milk until smooth; add to soup. Bring to a boil; cook and stir for 2 minutes or until thickened.

Reduce heat. Add the cheese, crab and shrimp; cook and stir until cheese is melted.

Per Serving (excluding unknown items): 495 Calories; 35g Fat (63.8% calories from fat); 27g Protein; 18g Carbohydrate; 2g Dietary Fiber; 133mg Cholesterol; 832mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.