

Rustic Fish Chowder

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Servings: 12

Yield: 3 quarts

1/4 cup butter, cubed
1 small onion, finely chopped
1 clove garlic, minced
3 pounds (6 medium) potatoes, cut into 1/2 inch cubes
1 1/2 cups fresh or frozen corn
5 cups chicken broth
1 1/2 teaspoons salt
3/4 teaspoon celery salt
3/4 teaspoon pepper
1/2 teaspoon dried thyme
1 pound cod or halibut fillets, cut into 3/4 inch pieces
1 cup heavy whipping cream
hot pepper sauce (optional)

Preparation Time: 15 minutes

Cook Time: 30 minutes

In a six-quart stockpot, heat the butter over medium heat. Add the chopped onion. Cook and stir until tender, 3 to 4 minutes.

Add the minced garlic. Cook 1 minute longer. Add the potatoes, corn, broth, salt, celery salt, pepper, thyme and hot pepper sauce, if using. Bring to a boil. Reduce the heat. Simmer, covered, until the potatoes are tender, 10 to 15 minutes. Mash the potatoes slightly.

Stir in the cod and the cream. Bring to a boil. Reduce the heat. Simmer, covered, until the fish just begins to flake easily with a fork, 6 to 8 minutes.

Per Serving (excluding unknown items): 147 Calories; 12g Fat (71.3% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 732mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2