

Quick Seafood Chowder

Written by Lorraine Stone

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Great soup for those chilly fall days. It is fast and easy to fix and turns out absolutely delicious. You won't be sorry putting this on your table or TV tray.

Recipe Information: Makes: 4 servings, Prep Time: 20, Cook Time: 10

Ingredients:

1 small garlic clove; minced
2 medium (.75 oz) shallot; minced
3 stalks (3.5 oz) celery; diced
12 small (17 g) cherry tomatoes; quartered
2 tablespoon extra virgin olive oil
1 bottle (8 oz) Clam juice
12 oz chicken or vegetable broth
8 oz shrimp; peeled, deveined
4 oz crabmeat, lump
1 can (10 oz) baby clams, whole, with broth
1 pinch Italian herbs
1 pinch black pepper

Directions:

In a medium pot, over medium heat, sautee the garlic and shallot in the oil for 2 minutes until translucent.

Stir in the celery, tomatoes, clam juice, broth and spices. Simmer 3 minutes. Add remaining ingredients, bring to a simmer and cook 5 minutes until the shrimp are firm and pink.

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