

Shrimp, Bacon & Vegetable Chowder

Carolyn T's
Cookbook

Servings: 4



4 slices bacon, chopped
2 medium shallots, peeled, minced
2 medium onions, peeled, chopped
2 whole carrots, peeled, chopped
2 stalks celery, chopped
12 ounces frozen mixed vegetables
3 medium potatoes, cubed small
1 teaspoon thyme
4 cups 2% low-fat milk
1 cup chicken broth
1/2 cup heavy cream, optional, or half and half
1 pound shrimp, I use large ones, chopped
1/4 teaspoon ground bay leaves, or use one leaf and remove before serving
Salt and pepper, to taste

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 561 Calories; 22g Fat (34.6% calories from fat); 41g Protein; 52g Carbohydrate; 7g Dietary Fiber; 237mg Cholesterol; 671mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 4 Vegetable; 1 Non-Fat Milk; 3 1/2 Fat.

1. Render the bacon in a very large, heavy soup pot (I use Le Crueset cast iron) until golden brown. Remove and drain and paper towels.
2. In bacon fat remaining in pan, add shallots and onions. Saute for about 5 minutes, then add carrots and celery. Continue cooking until some of the vegetables have slightly caramelized on the bottom, stirring every minute or two.
3. Add the chicken broth, milk, thyme and bay leaves. Bring to a simmer. Watch carefully as it can boil over quickly.
4. Add potatoes and mixed vegetables and reduce heat. Simmer until potatoes are just about cooked through.
5. Add salt and pepper to taste - taste it to be sure it's to your satisfaction. Add the shrimp and the reserved bacon and continue to cook at a very low heat for about 3-4 minutes until the shrimp is opaque and cooked through. Do not overcook. Add the heavy cream, heat briefly, then scoop into soup bowls. Sprinkle top with chopped Italian parsley and serve.