



Chunky Potato Crab Chowder

Recipe Source: Adapted from the Best of Cooking Light

Ingredients:

2 TBSP Olive Oil
1 cup chopped onion
¾ cup chopped celery
1 garlic clove, minced
3 ½ cubed red potato (about 1 pound)
3 TBSP all purpose flour
2 ½ cups 2% reduced-fat milk
½ tsp dried thyme
½ tsp black pepper
¼ tsp nutmeg
1, 14 oz can cream-style corn
1, 14 oz can low sodium chicken broth
8 oz lump crabmeat, shell pieces removed
3 TBSP chopped fresh parsley
1 tsp salt

Steps:

- Sauté onion, celery, and garlic in olive oil for about 4 minutes. Add potato; sauté 1 minute.
- Sprinkle with flour, and cook 1 minute, stirring constantly. Stir in milk, thyme, pepper, nutmeg, corn, and broth.
- Bring to a simmer over medium heat, stirring frequently.
- Cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.
- Stir in crab, parsley, and salt; cook 5 minutes, stirring occasionally.