

# Try Seafood Chowder!



## Seafood Chowder

*Serves: 4 | Serving Size: 1 and 1/2 cups*

### *Ingredients:*

1 tablespoon olive oil  
1 cup chopped onions  
1 clove garlic, crushed  
2 plum tomatoes, cored and quartered  
1 stalk celery, sliced  
Grated zest of 1 orange  
1 bay leaf  
Black pepper to taste  
3 cups low-sodium chicken broth  
16 ounces potatoes (about 4), peeled and sliced  
into 1/2-inch thick discs  
1 pound fresh or frozen fish, cut into 3-inch pieces

Optional Garnishes: Cooked shrimp and herbs

### *Directions:*

Heat oil in large soup pot over medium heat. Add the onion and sauté until soft, about 3-4 minutes. Add the garlic and sauté for another minute.

Add the tomatoes, celery, orange zest, bay leaf, pepper, and chicken broth. Cook until the vegetables are very soft.

Remove bay leaf and puree the soup. Return the puree to the stove and add potatoes, cooking for 7 minutes. Add the fish, then cook until both the fish and the potatoes are done, about 10 minutes.

Serve hot, garnished with herbs and shrimp.

### **Nutrition Information:**

Serves 4. Each 1 and 1/2 cup serving has 506 calories, 6 g fat, 0 g saturated fat, 0 g trans fat, 248 mg cholesterol, 765 mg sodium, 40 g carbohydrate, 5 g fiber, 6 g sugar, and 70 g protein.

Each serving also contains 18% DV vitamin A, 48% DV vitamin C, 10% DV calcium, and 33% DV iron.

### **Chef's Tips:**

If you use frozen fish, be sure to defrost it before adding it to the soup.

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