

## SPICY CORN AND SHRIMP CHOWDER

Serving Size: 2 cups

Serves 6

### Ingredients

1 lb. shrimp, peeled, deveined and tails removed  
3 tablespoons canola oil, divided  
½ teaspoon salt  
½ teaspoon garlic powder  
½ teaspoon black pepper  
¼ teaspoon cayenne pepper  
5 ears fresh corn (or 3 cups frozen)  
2 celery stalks, diced (¾ cup)  
1 red bell pepper, diced ( 1 cup)  
½ medium white or yellow onion, diced (1 cup)  
2 large carrots, peeled and diced  
2 garlic cloves, minced  
3 cups no-salt added vegetable broth  
¾ teaspoon smoked paprika  
½ teaspoon salt  
½ teaspoon black pepper  
2 tablespoons cornmeal  
1 cup whole milk  
Cilantro for garnish

### Directions:

Combine 1 ½ tablespoons oil, salt, pepper, garlic powder and cayenne pepper. Pour over the shrimp and set aside, stirring occasionally. Cut the corn off the cob and set aside. Heat the rest of the oil in a large pot over medium-high heat. Add the celery, red pepper, onion, carrot and garlic. Sauté until soft, about 5 minutes. Add corn, broth, paprika, salt and pepper to the pot. Bring to a low boil, then simmer uncovered for about 5 minutes, stirring occasionally.

In a small bowl, mix the cornmeal with a couple tablespoons of the soup until reaching an oatmeal/pudding consistency and all the cornmeal is moist. Add the mixture to the soup and mix thoroughly. Continue cooking 10-15 minutes or until thickened. Add milk a little at a time while stirring, and cook on low heat until heated through.

Heat a medium skillet or sauté pan. Add the marinated shrimp and marinade to the pan. Cook until the shrimp are a pinkish white color, 3-5 minutes. Ladle soup into bowls, top with cooked shrimp, and garnish with cilantro.

**Exchanges per serving:**

4 Lean Meat, 2 Starch, 2 Vegetable

**Nutrients per serving:**

Calories: 397

Calories from fat: 126

Total Fat: 14g

Saturated Fat: 2g

Cholesterol: 156mg

Sodium: 500mg

Carbohydrate: 40g

Dietary Fiber: 6g

Protein: 30g