

# Shrimp Chowder

## Ingredients:

1 tablespoon olive oil	3 tablespoons chopped fresh chives
1/3 cup chopped carrot	1 1/3 cups instant mashed potato flakes
1/3 cup chopped celery	1/4 cup chopped fresh dill
4 cups reduced-sodium chicken broth	1 tablespoon Dijon mustard
1 1/2 cups water	1/4 teaspoon kosher salt
12 ounces chopped shrimp	1/4 teaspoon black pepper
2 1/2 cups coarsely chopped cauliflower florets	

## Directions:

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add carrot and celery and cook, stirring frequently, until vegetables just begin to brown, 3 – 4 minutes. Add broth, water, shrimp, cauliflower, and chives, and bring to a simmer. Cover and cook, maintaining a gentle simmer, until the shrimp is just cooked through.
2. Stir in potato flakes, dill, and mustard into the soup until well blended. Return to a simmer. Season with salt and pepper.

## Nutrition Facts

Serving Size 1 1/2 cup (259g)  
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 25%	Vitamin C 40%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Modified from: <http://www.eatingwell.com/recipe/252456/salmon-chowder/>

