

Conch Chowder

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-stew-conch-recipe>

Ingredients:

- 1/2 pound bacon cut into 1 inch pieces
- 2 shallots thinly sliced
- 4 carrots diced
- 1/4 cup flour
- 2 cups vegetable stock
- 2 cups water
- 1 1/2 pounds conch very thinly sliced
- 1 cup heavy cream
- 1 pinch cayenne pepper
- salt
- pepper
- 2 medium potatoes cut into 1/2 inch pieces
- thyme sprigs or parsley for garnish, optional

Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 250 milligrams
4. Fat: 54 grams
5. Fiber: 5 grams
6. Protein: 58 grams
7. SaturatedFat: 25 grams
8. Sodium: 1490 milligrams
9. Sugar: 5 grams

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