

Cod Chowder

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-cod-fish-soup-recipe>

Ingredients:

- 1 tablespoon butter
- 1/2 cup shallots finely diced
- 2 cloves garlic minced
- 1/2 cup white wine
- 2 cups seafood stock see notes
- 2 pounds Yukon Gold potatoes or Russet or red potatoes, cut into 1-inch cubes
- 1 teaspoon dried thyme
- salt
- pepper
- 1 1/2 cups heavy cream
- 1 1/2 pounds cod fish cut into 2-inch pieces

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 105 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 18 grams
8. Sodium: 310 milligrams

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