

Corn and Shrimp Chowder

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-shrimp-chowder-recipe>

Ingredients:

- 3 tablespoons unsalted butter
- 1 red bell pepper diced
- 1 yellow onion diced
- 1 tablespoon minced fresh garlic about 3 tablespoons
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon dried basil
- 6 cups chicken stock
- 2 cups diced potatoes russet, Yukon gold, red- whatever you want
- 2 cups frozen whole kernel corn
- 2 cups heavy cream
- 1/4 cup chopped fresh parsley
- 1 pound shrimp tail-on
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sweet paprika

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 270 milligrams
4. Fat: 50 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 26 grams
8. Sodium: 1490 milligrams

9. Sugar: 8 grams

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