

Breaking Bread

with the
Williams Family...
Ingrid's Recipes



Shrimp and Spinach Chowder

Ingredients:

- 4 cups low sodium chicken broth
 - 1/2 cup grated yellow onion
 - 1 cup grated carrots
 - 3/4 cup chopped celery
 - 3 cups red potatoes, cut in chunks (about 1 pound)
 - 1 1/2 teaspoons Old Bay Seasoning (or to taste)
 - 6 tablespoons unsalted butter
 - 1 cup milk (whole or 2%)
 - 8 cups spinach, stemmed thinly sliced into ribbons
 - 2 pounds shrimp (shelled, deveined, cut into bite size pieces)
 - 2 cups heavy cream
 - 1 tablespoon lemon zest
1. Simmer broth, onion, carrots, celery, potatoes and seasoning in stockpot for 15 minutes.
 2. In separate pan, melt butter over low heat whisking in flour until smooth. Add milk slowly. Cook 2 minutes to eliminate floury taste, stirring constantly.
 3. Stir butter and flour mixture into stock pot with vegetables.
 4. Add shrimp, cooking until it turns pink.
 5. Add spinach to the soup mix, cooking about 1 minute, or just to wilt.
 6. Remove from heat and add heavy cream and lemon zest.