

Cajun Shrimp Chowder
Cooking Time: 30 minutes

1 stick salted butter
1 8oz light cream cheese
1 Tbsp. minced garlic
1 can cream of potato soup
1 can golden corn, drained
1 ½ lb peeled, deveined shrimp
1 Tbsp. Cajun Seasoning
3 cups 1% milk
1 cup shredded, sharp cheddar cheese

Directions: Sprinkle the Cajun Seasoning over the shrimp and let sit while the base of the soup is prepared.

In a heavy sauce pan melt the butter and cream cheese over medium heat. As the mixture begins to melt add the garlic. Stir until completely melted, forming a thick mixture. Add the cream of potato soup and the corn. Stir. Reduce heat to low. Add 3 cups of milk. The mixture will be quite thin. Return the heat to medium stirring frequently. Gradually add the cheddar cheese. Once the cheddar cheese has melted, return heat to low and let simmer. If the soup is too thin a consistency, sprinkle 1 Tbsp. all-purpose flour over the shrimp. Add the seasoned shrimp to the soup base. Stir and let simmer until the shrimp turn pink and are no longer opaque. Soup is done!

I garnish with fresh ground pepper and sometimes top with garlic croutons and green onions. If you prefer a little more heat, double the Cajun Seasoning or throw in three good dashes of Tobasco.