



CRAB AND CORN CHOWDER

- 2 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, minced
- 2 medium potatoes, peeled and cubed
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground nutmeg
- 3 cups fat free chicken broth
- 1 1/2 cups 2% low fat milk
- 2 1/2 cups corn kernels
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon grated lemon rind

Warm the butter in a large stockpot over medium heat. Add the onion, carrot, celery and garlic and cook for 5 minutes. Stir in the potatoes, spices, broth and milk. Bring to a boil. Reduce heat to low and cook for 15 minutes, or until potatoes are tender.

In a food processor, process 2 cups of the corn until smooth. Stir into chowder with remaining corn kernels, crab meat, parsley and lemon rind. Cook for 5 minutes, or until heated through. *Serves 6.*

NOTE: For thicker chowder, use heavy cream instead of milk. Fresh corn works best in this chowder; however, canned or frozen may be used.