

Shellfish and Sausage Chowder

Description

You will love this shellfish and sausage chowder. Very fresh, brimming with flavor.

Ingredients

- 1 tbsp olive oil
- 4 cups chopped kale
- 1 cup chopped onion
- 1 stalk chopped celery
- 1 slab 3oz chopped fully cooked chicken sausage (smoked with garlic cajun spices or kelbasa will do)
- 4 cloves garlic (large), minced
- 1 cup bottled clam juice
- 1 tbsp chopped fresh thyme
- 2 cans cannellini (15 oz each), drained and rinsed
- 2 tbsp lemon juice (to taste)
- 1 pkg Trader Joes Steamer Clams
- 1 pkg Vons Water Bistro Mussels
- 12 Large Trader Joes Wild Shrimp 12 shrimp total
- 1/2 cup seafood broth or chicken broth (low sodium)
- 1/2 cup White dry wine (not sweet)

Instructions

- Heat oil in 5 qt. pot over medium heat
- Add Kale, Onion, Celery, and Sausage, cook about 4 minutes
- Add Garlic and cook another minute
- Add Clam juice, Wine, Seafood or Chicken Broth bring to boil
- Add Mussels, Clams and Thyme and Simmer 7 minutes - long enough to pop open Mussels and Clams - throw away shellfish that do not open. Don't bring to a boil.
- Add Shrimp, Beans and Yougart about 3 minutes (shrimp should be a light pink)
- Season to taste with lemon juice, red pepper flakes
- Serve with a crunchy sourdough



Summary

Yield: 4

Source: Adapted from Prevention Magazine

Prep Time: 45 minutes

Category: Main Dish

Cuisine: Mediterranean

Tags: Shrimp, mussels, kale, clams, Cannellini Beans