

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Crab and Corn Chowder**

Serves 4

**Ingredients:**

2 tablespoons oil  
½ medium onion, diced  
½ red bell pepper, diced  
1 celery stalk, diced  
1 tsp Old Bay seasoning  
3 Tablespoons all-purpose flour  
1 quart 1% reduced-fat milk  
2 cups fat-free, less-sodium chicken broth  
2 cup red bliss potatoes, skin on, diced (about 3 medium potatoes)  
3-4 ears fresh corn, kernels cut from the cob **or** 2 (14.5-ounce) cans no-salt added whole-kernel corn, drained  
8 ounces cooked lump crab meat **or** 2 (6-ounce) cans crab meat, drained  
¼ tsp pepper  
¼ cup green onion, chopped for garnish

**Directions:**

1. In a large soup pot, heat to medium-high heat. Add oil. Add onions, red pepper, celery and Old Bay seasoning; sauté 2 minutes or until tender, stirring frequently.
2. Add flour and cook 1 minute, stirring constantly. Stir in milk and chicken broth; bring to a boil, then reduce heat to a simmer.
3. Add potatoes, corn, crab meat, and pepper and simmer 10 minutes or until potatoes are tender.
4. Garnish with green onion.

**Nutritional Information per 2 cup serving:**

Calories: 397	Carbohydrates: 39g
Total Fat: 9g	Cholesterol: 55mg
Saturated Fat: 3g	Dietary Fiber: 3g
Sodium: 367mg	Protein: 24g