

Shrimp and Corn Chowder

We love a hearty soup on a chilly night, and this recipe is a favorite. With shrimp, corn, butternut squash, bacon and a splash of cream, this recipe is comfort food at its best. (Did we mention it's on the table in less than 30 minutes?)

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan & Lid

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 Teaspoon flour per
serving

5 MEEZ CONTAINERS

Shrimp

Butternut Squash

Lacinato Kale

Chowder Broth

Bacon & Spiced Corn

Good to Know

Health snapshot per serving – 470 Calories, 37g Protein, 15g Fat, 50g carbs, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Butternut Squash, Corn, Lacinato Kale, Bacon, Red Onion, Cream, Vegetable Stock, Garlic, Paprika, Cumin, White Pepper, Old Bay, Black Pepper.

meez *meals*

1. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut shrimp in half and set aside. Do not wipe out saucepan.

2. Cook the Veggies

Add 1 Tbsp olive oil to the now empty saucepan and heat over medium high heat. When the oil is hot, add the **Bacon & Spiced Corn** and the **Butternut Squash**. Stir once, then cook undisturbed until the squash starts to brown, about 4 to 5 minutes.

Add 2 teaspoons of flour and stir until the flour starts to brown, about 2 minutes. Add the **Lacinato Kale** and cook, stirring frequently, until the kale turns bright green, about 2 to 3 minutes.

*The flour thickens
the chowder and
gives it body.*

3. Add the Broth

Add the **Chowder Broth**, and 2 cups water to the saucepan. Cover, and bring to a boil over high heat, then reduce heat to medium. Cook, covered, over a low boil until squash pieces are fork tender, about 15 to 18 minutes, stirring occasionally. Remove from the heat.

4. Put It All Together

Stir in the cut shrimp, serve, and enjoy!

Instructions for two servings.

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