

1ST PLACE

LARRY Bogner

## Corn Crab Chowder

- 3 teaspoons chicken bouillon granules
- 2 cups boiling water
- 6 bacon strips, diced
- 1/3 cup each diced sweet red, yellow and orange peppers
- 1/2 cup chopped onion
- 1/4 cup all-purpose flour
- 3 cups half-and-half cream
- 2 cans (14-3/4 ounces each) cream-style corn
- 1-1/2 teaspoons seasoned salt
- 1/2 teaspoon dried basil
- 1/4 to 1/2 teaspoon cayenne pepper
- 2 cans (6 ounces each) crabmeat, drained, flaked and cartilage removed or 2 cups imitation crabmeat, flaked
- 1/2 cup minced chives

## Directions

- Dissolve bouillon in water; set aside. In a Dutch oven, cook bacon over medium heat until crisp. Remove bacon to paper towels to drain, reserving drippings.
- In the same pan, saute peppers and onion in drippings until tender. Stir in flour. Gradually stir in bouillon mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Reduce heat; gradually stir in cream and corn. Add the seasoned salt, basil and cayenne. Cook until heated through, stirring occasionally (do not boil). Stir in the crab. Garnish each serving with bacon and chives.

## Nutrition Facts

1 each: 290 calories, 12g fat (7g saturated fat), 88mg cholesterol, 1195mg sodium, 28g carbohydrate (8g sugars, 2g fiber), 16g protein.