

Tupperware®

Serves: 4 • Serving size: about 1 cup



PREP: 10 minutes
COOK: 8 minutes

Manhattan Shrimp CHOWDER

(from Shrimp Cocktail)

12 (leftover) shrimp, tails removed and sliced in half lengthwise
1 cup (leftover) Spicy Cocktail Sauce (see recipe)
3 cups bottled clam broth
1 cup vegetable or chicken broth
2 small russet potatoes, scrubbed and chopped
3 strips raw bacon, diced
1 small onion, peeled and chopped
1 bay leaf
3 sprigs fresh thyme or ¼ tsp. dried thyme

1. In the TupperWave® Stack Cooker ¾-Qt/750 mL Casserole, place shrimp in an even layer; set aside.
2. In the TupperWave® Stack Cooker 1¾-Qt/1.75 L Casserole, stir together cocktail sauce, clam broth, vegetable broth, potatoes, bacon, onion, bay leaf and thyme. Cover and microwave on high power 7 minutes. Remove from microwave, stack casserole with shrimp over casserole with chowder. Microwave on high power 1 minute or until shrimp are warmed through.
3. Remove from microwave, add shrimp to chowder and stir to combine. Serve warm with crusty French bread or oyster crackers.

Nutritional Information (per serving):

Calories: 230 Total Fat: 4.5g Saturated Fat: 1.5g Cholesterol: 60mg
Carbohydrate: 31g Sugar: 12g Fiber: 4g Protein: 21g Sodium: 820mg
Vitamin A: 2% Vitamin C: 30% Calcium: 4% Iron: 10%

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