

Oregon Pink Shrimp Chowder

HACCP Process: #2 Same Day Service

Yield: 48 servings

Size of Portions: 8 fluid ounces

Crediting Information per serving: 1.5 oz equivalent Meat/Meat Alternate; ½ cup Vegetables (3/8 cup starchy vegetables subgroup, 1/8 cup other vegetables subgroup)



48 SERVINGS

INGREDIENTS

Weight

Measure

Vegetable oil

¼ cup

Onion, diced

1 lb 8 oz

Celery, diced

1 lb 8 oz

Garlic, granulated

2 Tbsp

Black pepper, ground

1 Tbsp

Salt, table

1 Tbsp

Cayenne pepper, ground

½ tsp

Potatoes, diced

2 lb 8 oz

Vegetable broth, low sodium

2 qt

DIRECTIONS

Heat a large stock pot or steam jacketed kettle to medium-high heat. Add vegetable oil, onions, and celery. Stir to combine, then cover and sweat the vegetables for 3-5 minutes.

Add the granulated garlic, black pepper, salt, and cayenne pepper. Stir into the onions and celery and heat through for 1 minute.

Add the diced potatoes and vegetable broth. Bring to a simmer over medium heat, cover, and cook until potatoes are tender, about 10 minutes.

9.

INGREDIENTS

48 SERVINGS

DIRECTIONS

| | Weight | Measure |
|------------------------------|-----------|---------|
| Corn, yellow, frozen, thawed | 2 lb 4 oz | |
| Evaporated milk | | 1 gal |
| Instant mashed potato flakes | 13 oz | 4 cups |
| Pink shrimp, frozen, thawed | 4 lb 8 oz | |

Add the corn kernels and evaporated milk. Gently heat while whisking in the instant mashed potato flakes, which will thicken the chowder. Simmer, covered, for 5-10 minutes.

Stir in the thawed pink shrimp and bring soup back to a simmer until the soup reaches 165 degrees F. CCP: Heat to an internal temperature of 165 degrees F for 15 seconds.

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Transfer soup to pans for hot holding.

CCP: Hold hot at 135 degrees F or above.

Serve 8 fluid ounces of chowder per serving.



Approximate Nutrient Analysis Per Full Serving: 227 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 669 mg sodium, 31 g carbohydrates, 2 g dietary fiber, 18 g protein