

Seafood Chowder

2 carrots, shredded	2 cups milk
1 onion, chopped	1 6 1/2 ounce can tuna or other seafood
1/4 cup butter	1/2 teaspoon Worcestershire sauce
1/4 cup flour	1/4 teaspoon salt
2 cups chicken broth	1 cup grated cheddar cheese

In a large saucepan, saute carrots and onion in butter. Mix in the flour. Add the chicken broth and milk. Heat and stir constantly until thick and bubbling. Add the tuna, Worcestershire sauce, and salt, and heat through. Add the cheese and stir until it melts.

Yield: 4 servings, 225 calories per serving.

Sara Corley

Panola County

Senior - Main Dish