

Crab Corn Chowder

Total time: 30 minutes
Makes 4 servings



Ingredients

- 1 16 oz bag frozen corn
- 8 oz imitation crab meat, 1/2" cubes or slices (substitute 6 oz canned crab meat)
- 1/2 cup low-fat milk
- 1 14 oz can coconut milk
- 2 cups vegetable or chicken stock
- 2 cups peeled, 1/2" cubed kabocha pumpkin (substitute butternut squash)
- 1/2 cup instant mash potato flakes
- 2 teaspoons minced fresh ginger
- 2 tablespoons butter
- 1/4 cup thinly sliced green onion
- Salt and fresh ground pepper to taste

Directions

In a soup pot, melt butter and gently cook minced ginger for about 3 minutes. Add frozen corn, milk, coconut milk, stock, and pumpkin and bring to a boil, then simmer for 8-10 minutes or until pumpkin is soft. Stir in the potato flakes to thicken the broth, add the imitation crab, then season with salt and pepper. Divide soup into four bowls, sprinkle with green onion and serve immediately.