

# Rockport Fish Chowder

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/rockchow>

## Ingredients

2 Tbsp. vegetable oil  
¾ cup coarsely chopped onion  
½ cup coarsely chopped celery  
1 cup sliced carrots  
1 cups potatoes, raw, peeled and cubed  
¼ tsp thyme  
½ tsp paprika  
2 cups bottled clam juice  
8 whole peppercorns  
1 bay leaf  
1 lb. fresh or frozen (thawed) cod or haddock fillets, cut into ¾ in. cubes  
¼ cup flour  
3 cups low-fat (1%) milk  
1 Tbsp. fresh parsley, chopped

## Directions

1. Heat oil in a large saucepan. Add onion and celery and sauté about 3 minutes.
2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaves in cheese cloth. Add to pot. Bring to a boil, reduce heat, and simmer 15 minutes.
3. Add fish and simmer an additional 15 minutes, or until fish flakes easily and is opaque.
4. Remove fish and vegetables; break fish into chunks. Bring broth to a boil and continue boiling until volume is reduced to 1 cup. Remove bay leaves and peppercorns.
5. Shake flour and 1/2 cup low-fat (1%) milk in a container with a tight-fitting lid until smooth. Add to broth in saucepan with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened.
6. Return vegetables and fish chunks to stock and heat thoroughly. Serve hot, sprinkled with chopped parsley.

**Makes 8 servings – 1 cup each.**

## Nutritional Information

Calories: 186	Dietary Fiber: 5 g
Total Fat: 6 g	Sodium: 302 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 34 mg	Carbohydrates:

