

Pete's Oyster Chowder

Courtesy of Pete Marr

3 cups reduced fat milk
1/2 cup heavy cream
(2) 8 oz cans oysters, chopped and liquor separated
1 tablespoon unsalted butter
1 tablespoon olive oil
3/4 cup finely chopped celery
3/4 cup finely chopped carrot
3/4 cup thinly sliced leek
1 large red potato, cut into 1/2" dice
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 tablespoons Smart Balance® buttery spread
1/2 cup chopped parsley

In a 2 quart saucepan combine dairy products and oyster liquor, heat the liquids on low heat to a simmer - do not let it boil!

Meanwhile, heat a Dutch oven or heavy bottomed 3-4 quart pan to medium-low. Add butter and oil. When butter is completely melted add the celery, carrot, salt and pepper; sweat over medium-low heat for 5-7 minutes. Add the leek and continue the sweat for another 5 minutes. Add the heated liquids and the potato and bring to a simmer. Cook until potato is nearly done, about 10 minutes.

When potato is cooked, add oysters and buttery spread and return to simmer for another 5 minutes.

Add parsley and serve with your favorite crackers.