Dinner Tonight!
Quick Easy Cheesy Shrimp Chowder

2 Tablespoons butter or margarine  
1/2 cup onion, chopped  
2 (10 3/4-ounces) cans cream of potato soup  
3 1/2 cups low-fat milk  
1/4 teaspoon ground red pepper  
1 1/2 pound medium-size frozen or fresh shrimp, peeled and deveined  
2 cups (8 ounces) shredded low fat Monterey Jack cheese

Melt butter in large stock pot over medium heat; add onion and sauté until tender. Stir in cream of potato soup, milk and pepper; bring to a boil. Add shrimp, reduce heat and simmer, stirring often, 2-3 minutes or just until shrimp turn pink. Stir in cheese until melted. Serve immediately. Garnish with parsley.

Preparation Time: 10 minutes  
Cook Time: 20 minutes  
Serves: 10  
Cost Per Serving: $1.67

Nutrition facts per serving  
Calories: 129  
Total Fat: 4.3 g  
Cholesterol: 142 mg  
Sodium: 658 mg  
Total Carbohydrate: 6.6 g  
Protein: 15.4 g

Serve with: Oyster crackers, side salad