

Corn Chowder

Yield: 4 servings

INGREDIENTS

1 tablespoon vegetable oil
2 tablespoons finely diced celery
2 tablespoons onion, finely diced
2 tablespoons finely diced green pepper
1 package (10 ounces) frozen whole kernel corn
1 cup raw diced potatoes, peeled
1 cup water
1/4 teaspoon salt
Black pepper, to taste
1/4 teaspoon paprika
2 cups milk, non-fat, divided
2 tablespoons flour
2 tablespoons chopped fresh parsley

INSTRUCTIONS

1. In medium saucepan, heat oil over medium high heat.
2. Add celery, onion and green pepper; sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour 1/2 cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables; stir well.
6. Add remaining milk.
7. Cook, stirring constantly, until mixture comes to a boil and thickens.
8. Serve garnished with chopped fresh parsley.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 186
Total fat 5g
Saturated fat 1g
Sodium 205mg
Protein 7g

Source: "A Healthier You" from U.S. Department of Health and Human Services

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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