

Cheese and Corn Chowder

Ingredients:

2 potatoes
 2 carrots
 2 stalks celery
 1 onion
 1 cup water, more or less
 15 ounces corn, cream-style
 1/4 teaspoon pepper
 1 1/2 cup skim milk
 4 ounces reduced fat cheddar
 cheese

Equipment:

Cutting board
 knife
 Grater
 Large saucepan with lid
 Measuring cups
 Measuring spoons

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Wash potatoes. Slice into thin slices. Stack slices again and cut into pieces. Add to large pot.
2. Wash carrots. Cut ends off and use a grater to shred carrots. Add to pot.
3. Cut ends off washed celery. Cut stalk in half lengthwise if thick and cut into 1/4 inch slices. Add to pot.
4. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Chop up any large pieces. Add to pot.
5. Add just enough water to cover vegetables, and bring to a boil on high. Cover and turn down pot down to low, and simmer 20 minutes until vegetables are tender.
6. Add corn and pepper. Cook 5 more minutes or until vegetables are tender.
7. While vegetables are cooking, use a grater to shred cheese.
8. When vegetables are tender, drain water from pot. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil. Serve hot.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 160	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 370mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Protein 9g	6%
Vitamin A 140%	Vitamin C 25%
Iron 6%	Calcium 20%
*Percent Daily Values are based on a 2,000 calorie diet.	

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