

Eat Smart • Move More

Cheese and Corn Chowder

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

- 2 potatoes, chopped
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, sliced
- 15 ounces no salt added cream-style canned corn
- ¼ teaspoon ground black pepper
- 1 ½ cup 1% milk
- 1 cup reduced fat cheddar cheese, shredded

Nutrition Facts

6 servings per container	
Serving size	1 serving (299.91g)
Amount per serving	
Calories 210	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 1mcg	4%
Calcium 249mg	20%
Iron 1mg	6%
Potassium 635mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

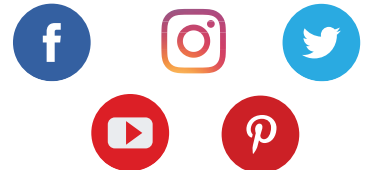
Directions

- Add potatoes, onion, carrots, and celery to a stockpot. Add just enough water to cover vegetables, and bring to a boil on high. Cover pot, reduce heat, and simmer 20 minutes until vegetables are tender.
- Drain water from pot. Add corn and black pepper. Cook 5 more minutes or until vegetables are tender.
- Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.

Quick Tips

- ▶ For some protein, add ½ cup cubed cooked ham or leftover chicken.
- ▶ Don't forget to wash all vegetables before cutting and eating.
- ▶ Add a bell pepper or a few handfuls of leafy greens for color and extra veggies!

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(Recipe adapted from: <https://whatscooking.fns.usda.gov>.)

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