

Corn Chowder

Serves 6

- 1 tablespoon canola or other vegetable oil
- 1 medium onion, diced
- ½ cup celery, diced
- 2 cups potatoes, diced (about 2 medium)
- 1½ cups water
- 1 (14-ounce) can low-sodium chicken broth
- 1 bay leaf
- 1 teaspoon thyme
- 2 cups corn, cooked and cut from the cob or frozen or canned corn
- 1 (12-ounce) can evaporated skim milk
- Salt and pepper to taste
- 2 tablespoons fresh chopped parsley (optional)

1. Sauté onions and celery over medium heat in oil until soft.

2. Add potatoes and stir with celery and onions. Add water, broth, bay leaf, and thyme.

3. Cover, bring to boil, and simmer until the potatoes are tender, about 10-15 minutes.

4. Add the corn, evaporated milk, salt and pepper.

5. Heat to a simmer. Add the chopped parsley and serve.

Nutrition information per cup: calories 140, fat 2.5g (no saturated or trans fat), cholesterol 5mg, sodium 100mg, carbohydrates 22g, fiber 2.5g, protein 7g

Recipe credit to: Learn It Live It Recipe Book, University of Rhode Island Cooperative Extension.

Healthy Tip

Make this chowder into a hearty meal by stirring in a can of tuna or salmon.