

Cheese and Corn Chowder

This is a hearty soup for a filling and healthy meal on a chilly night.

Makes: 6 servings

Ingredients

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- ¼ teaspoon black pepper
- 1 cup water
- 1 can low-sodium cream-style corn (14.75 ounces)
- 1 ½ cups milk
- ½ cup shredded cheddar cheese



Directions

1. Combine potatoes, carrots, celery, onion, and black pepper in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.

Note: To make Ham, Cheese, and Corn Chowder - add ½ cup cubed, cooked ham.

Recipe from: Montana State University Extension Service, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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