

Cheese and Corn Chowder

This is a hearty vegetarian soup for a filling and healthy meal on a chilly night. If you have leftovers that have been properly handled, you can add ham, chicken, or other meat for more protein.

Makes: 6 servings

Prep Time: 15 minutes

Cook Time: approximately 30 minutes

Source: Montana State University Extension Service



Small Changes,
BIG Difference!

Ingredients

- 2 cups potatoes, diced
- 1 cup carrots, sliced
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 1/4 teaspoon pepper
- 1 can cream-style corn
- 1 1/2 cups milk, non-fat
- 1/2 cup low-fat cheddar cheese, shredded

Directions

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 20 minutes.
2. Add corn and pepper. 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.
4. Serve hot.



Nutrition Information	
Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	164
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	11 mg
Sodium:	118 mg
Total Carbohydrates:	28 g
Dietary Fiber:	3 g
Total Sugars:	8 g
Added Sugars:	N/A
Protein	7 g

Utensils Needed

- Knife
- Cutting Board
- Large pot
- Measuring cups
- Measuring spoons
- Wooden spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$9.99

Average cost/serving: \$2.49

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Reduced 2% Fat Shredded Cheddar
Cheese, 8 oz bag



Add 1 to Cart
1 Large Onion



Add 1 to Cart
Russet Potatoes (5lb)



Add 1 to Cart
1% Milk, 0.5 gallon



Add 1 to Cart
Carrots, 1 bunch



Add 1 to Cart
Cream-style Corn



Add 1 to Cart
Fresh Celery, 1 bunch

SAVE TIME, SAVE MONEY

Cooking Tip

- Try adding 1/2 cup of cooked cubed ham or chicken for added protein.

My Cooking Notes