



Corn Chowder

12 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 Tablespoon olive oil
- 2 celery stalks, chopped
- 2 medium onions, chopped
- 4 cups frozen corn
- ½ teaspoon dried thyme
- 1 Tablespoon all purpose flour
- 6 cups 1% milk
- 2 medium potatoes, peeled and diced
- 4 green onions, thinly sliced
- ¼ cup parsley, chopped
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Heat the olive oil in a medium saucepan over medium heat. Add the celery, onion, corn, and thyme. Cook, stirring until the vegetables begin to brown.
2. Sprinkle the flour over the vegetables and stir for a few more minutes. Pour in the milk, add the potatoes, and bring to a boil, stirring so the milk doesn't scorch. Cook until the potatoes are tender but not mushy.
3. When the potatoes are tender, stir in the green onion and parsley. Season to taste with salt and pepper.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 1mg	6%
Potassium 283mg	6%

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

Recipe developed by the San Antonio Food Bank



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