



Potato Corn Chowder



Recipe adapted from Eatfresh.org

Ingredients



- 4 cups low-sodium chicken or vegetable broth
 - 3 celery stalks, chopped
 - 2 lbs. (~4 large potatoes) Russet or other potatoes, peeled and cut into small cubes
 - 1 ½ cups onion, chopped
 - 1 ¾ cups corn, frozen, thawed or fresh
 - 1 (7oz.) can green chiles, diced, drained
 - 1 tsp dried thyme
 - 1 cup fat free milk
 - ¾ cup reduced fat Cheddar and Monterey Jack cheese (Mexican blend)
 - Ground pepper to taste
- Yield: 6 servings
Serving Size: 2 cups



Directions



1. Add broth to a large saucepan and bring to a boil.
2. When broth comes to a boil, add the vegetables and thyme. Cover and cook over medium-low heat for 20 minutes.
3. Remove from heat and break up potatoes using a potato masher, or press against the side of the pot with a wooden spoon.
4. Stir in milk, cheese, and pepper and cook over medium-high heat for a minute more or until very hot.
5. Serve immediately. Optional toppings include fresh cilantro, crushed chips, or light sour cream.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Potato Corn Chowder



Recipe adapted from Eatfresh.org

Ingredients



- 4 cups low-sodium chicken or vegetable broth
 - 3 celery stalks, chopped
 - 2 lbs. (~4 large potatoes) Russet or other potatoes, peeled and cut into small cubes
 - 1 ½ cups onion, chopped
 - 1 ¾ cups corn, frozen, thawed or fresh
 - 1 (7oz.) can green chiles, diced, drained
 - 1 tsp dried thyme
 - 1 cup fat free milk
 - ¾ cup reduced fat Cheddar and Monterey Jack cheese (Mexican blend)
 - Ground pepper to taste
- Yield: 6 servings
Serving Size: 2 cups



Directions



1. Add broth to a large saucepan and bring to a boil.
2. When broth comes to a boil, add the vegetables and thyme. Cover and cook over medium-low heat for 20 minutes.
3. Remove from heat and break up potatoes using a potato masher, or press against the side of the pot with a wooden spoon.
4. Stir in milk, cheese, and pepper and cook over medium-high heat for a minute more or until very hot.
5. Serve immediately. Optional toppings include fresh cilantro, crushed chips, or light sour cream.

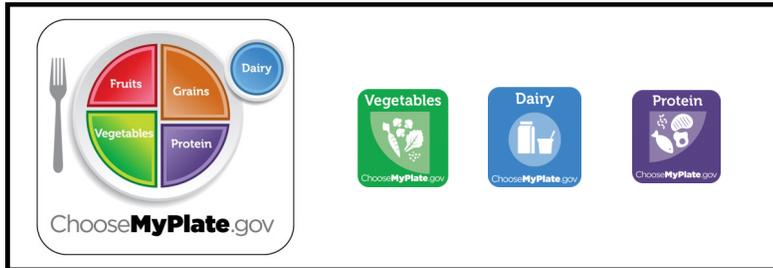
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	2 cups
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 1103mg	25%
<small>*The % Daily Value (DV) 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.</small>	

Cooking Tips



- If using canned corn, drain and rinse to reduce sodium content or use unsalted canned corn.
- If desired use a blender for a smoother soup.
- Recipe can be cut in half.

Estimated Price:

Yield: \$9.18

Serving Size (2 cups):
\$1.53

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	2 cups
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 1103mg	25%
<small>*The % Daily Value (DV) 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.</small>	

Cooking Tips



- If using canned corn, drain and rinse to reduce sodium content or use unsalted canned corn.
- If desired use a blender for a smoother soup.
- Recipe can be cut in half.

Estimated Price:

Yield: \$9.18

Serving Size (2 cups):
\$1.53

Second Harvest is an equal opportunity provider.