



# 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 1/2 cups onion, chopped
  - 1 3/4 cups corn, frozen, thawed or fresh
  - 1 (7oz.) can green chiles, diced, drained
  - 1 tsp dried thyme
  - 1 cup fat free milk
  - 3/4 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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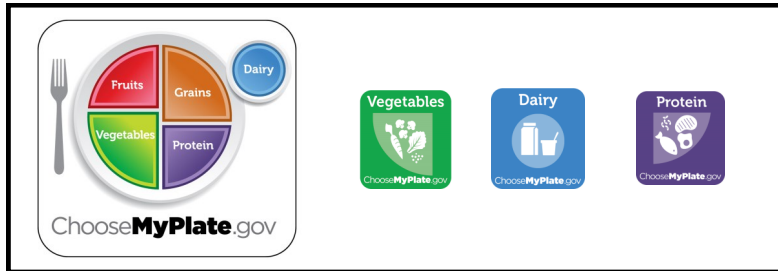
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# Fast Facts



## Featured Food Groups



## Nutrition Facts



| <b>Nutrition Facts</b>                                                                                                                                                            |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 6 servings per container                                                                                                                                                          |               |
| <b>Serving size</b>                                                                                                                                                               | <b>2 cups</b> |
| <b>Amount Per Serving</b>                                                                                                                                                         |               |
| <b>Calories</b>                                                                                                                                                                   | <b>290</b>    |
| % Daily Value*                                                                                                                                                                    |               |
| <b>Total Fat</b> 4g                                                                                                                                                               | <b>5%</b>     |
| Saturated Fat 2g                                                                                                                                                                  | <b>10%</b>    |
| Trans Fat 0g                                                                                                                                                                      |               |
| Polyunsaturated Fat 1g                                                                                                                                                            |               |
| Monounsaturated Fat 1g                                                                                                                                                            |               |
| <b>Cholesterol</b> 10mg                                                                                                                                                           | <b>3%</b>     |
| <b>Sodium</b> 380mg                                                                                                                                                               | <b>17%</b>    |
| <b>Total Carbohydrate</b> 53g                                                                                                                                                     | <b>19%</b>    |
| Dietary Fiber 5g                                                                                                                                                                  | <b>18%</b>    |
| Total Sugars 10g                                                                                                                                                                  |               |
| Includes 0g Added Sugars                                                                                                                                                          | <b>0%</b>     |
| Sugar Alcohol 0g                                                                                                                                                                  |               |
| <b>Protein</b> 13g                                                                                                                                                                | <b>26%</b>    |
| 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.

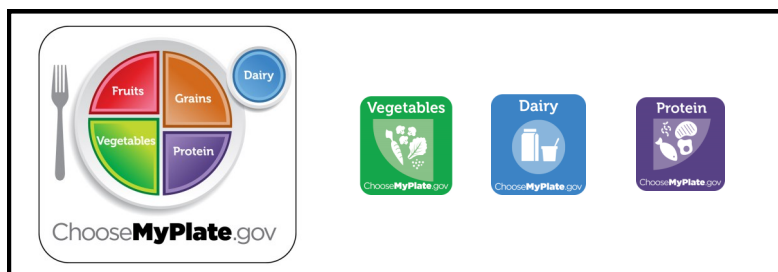
Second Harvest is an equal opportunity provider.



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