

Easy Corn Chowder

Makes 6 servings

2 cups peeled and diced potatoes
1/2 cup celery, diced
1/2 cup onion, chopped
1 can (15.5 oz.) creamed corn
1 can (15.5 oz.) whole kernel corn
1 can (12 oz.) evaporated milk
1/8 teaspoon pepper
1/4—1/2 teaspoon salt



1. Place potatoes, celery, onion, in a large pot and cover with water. Bring to a boil, then reduce heat and simmer 20 minutes, until potatoes are tender. Drain.
2. Add creamed corn, corn, evaporated milk, pepper, and salt to drained potatoes. Simmer over low heat until heated through, about 20 minutes.

Nutrition Information per serving: 260 calories; 5 g. fat; 590 mg. sodium, 43 g. carbohydrates

Soups and Chowders—Hot Idea

- A cup of soup makes a delicious, nutritious snack.
- A bowl of soup with a sandwich or salad is a good meal.
- Take your favorite canned soups, add extra vegetables and leftover meat or cooked beans.

Soup Toppers

- Grated carrot
- Grated cheese
- Popcorn
- Croutons

Plan Ahead: Freeze leftover cooked vegetables and meat to add to your favorite canned soup. Make soup broth with meat bones. Cover bones with water, simmer for 3 hours, separate meat from bone. Cool broth and meat to remove fat. Add vegetables and/or beans to broth for soup.

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