

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Classic Corn Chowder

Serves 6

Ingredients:

- 3 tablespoons butter or canola oil
- 1 cup diced onion
- ½ cup diced celery
- ¼ cup all-purpose flour
- 2 cups 1% reduced-fat milk
- 1 quart (4 cups) fat-free, less-sodium chicken broth
- 2 medium potatoes, peeled and diced
- 3 cups corn - frozen, canned, or fresh corn (kernels cut from the cob)
- ¼ cup diced red or green pepper
- ½ teaspoon seafood seasoning (such as Old Bay Seasoning®)
- ½ teaspoon dried thyme or 1 teaspoon fresh thyme
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup chopped green onion (garnish)

Directions:

1. Melt butter in a large soup pot over medium-high heat. Add onions and celery, sauté 2 minutes or until tender, stirring frequently.
2. Add flour and cook 1 minute, stirring constantly.
3. Stir in milk and chicken broth; bring to a boil, then reduce heat to a simmer.
4. Add potatoes, corn, thyme, Old Bay seasoning, salt and pepper and simmer 20 minutes or until potatoes are tender.
5. Garnish with green onion.

Recipe Note: Try adding some chopped cooked chicken or shrimp to this soup to boost the protein content and stay fuller longer.

Nutritional Information per 1 ½ cup serving:

Calories: 320	Carbohydrates: 32g
Total Fat: 7g	Cholesterol: 5mg
Saturated Fat: 2g	Dietary Fiber: 4g
Sodium: 369mg	Protein: 8g