



Corn Chowder

Ingredients:

- 1 yellow onion, diced
- 1 stalk celery, diced
- 1 pound potatoes, diced
- 3 tablespoons olive oil
- 14oz low-sodium vegetable stock
- ¼ teaspoon nutmeg
- ¼ cup whole wheat flour
- 3 cups nonfat milk
- 3 cups defrosted frozen corn

Instructions:

1. Heat the oil in a large saucepan over low heat. Add the onion and celery and sauté for 3-5 minutes.
2. Add the potatoes, stock, and nutmeg. Cover and simmer until the potatoes are tender, about 10-15 minutes.
3. Combine the flour and milk in a small bowl; whisk until smooth. Add slowly to the potatoes while stirring, and stir until thickened.
4. Stir in the corn, heat through and serve.

Variations:

- Spice it up by adding hot sauce such as Tabasco or Chalulah.
- For a thick and creamy soup, use an immersion blender to blend the potato mixture before you stir in the corn!
- To make this vegan, use olive oil and soy milk in place of butter and cow's milk.
- To make this recipe gluten-free, replace whole wheat flour with 2 tablespoons corn starch.
- For a balanced meal, add white beans to the soup and serve with a colorful salad.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Equipment:

knife
cutting board
measuring spoons & cups
stove
large saucepan
mixing bowl & spoon

Servings: 6

Serving Size: 1 cup



Nutrition Facts: 240 Calories, 6 g Fat, 3.5 g Saturated Fat, 38 g Carbohydrates, 9 g Protein, 3 g Fiber, 9 g Sugar, 250 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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