

## Corn Chowder

Serves 6 | Serving size: 1 cup

Ingredients Needed:

- 2 medium potatoes, peeled and diced (about 2 cups)
- 1 medium onion, chopped
- 1-2 cups water or broth, just enough to cover potatoes and onions
- 4 cups 1% milk
- 1 (12 ounce) can evaporated fat-free milk
- 2 (15 ounce) cans cream-style or whole kernel corn, or 4 cups frozen corn
- Seasonings of your choice, such as pepper, parsley, bay leaf, and/or pinch ( $\frac{1}{8}$  teaspoon) of thyme



Directions:

1. Put water, potatoes, and onion in a large saucepan.

2. Bring to a boil over medium high heat.
3. Reduce heat and simmer until potatoes are tender when poked with a fork (about 10 to 15 minutes).
4. Add 1% milk, evaporated milk, corn, and seasonings.
5. Heat chowder over medium heat, stirring occasionally until it is heated through.
6. Do not let chowder boil.