

Harvest Corn Chowder

Makes: 7 Servings

A corn chowder recipe that uses low-sodium, canned corns and low-fat milk.

Ingredients

- 1/2 cup** onion (chopped)
- 1/2 cup** celery (chopped)
- 1/2 teaspoon** thyme (if you like)
- 1 tablespoon** margarine
- 1** potato (medium, peeled and diced)
- 2 cups** low-fat milk
- 1 can** low-sodium corn (canned, drained)
- 1 can** low-sodium cream style corn (canned, 14.75 ounce)

Directions

1. In medium saucepan, cook onion and celery in margarine until tender. If using thyme, add that too.
2. Add potato; cook and stir for 2 minutes.
3. Add low-fat milk.
4. Cover and simmer on low heat 15 minutes or until potato is tender.
5. Stir in both cans of corn; heat through.

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