

# Cheese and Corn Chowder

**Makes:** 6 servings

This is a hearty vegetarian soup for a filling and healthy meal on a chilly night. If you have leftovers that have been properly handled, you can add ham, chicken, or other meat for more protein.

## Ingredients

**2 cups** potatoes (diced)  
**1 cup** carrot (sliced)  
**1 cup** celery (chopped)  
**1/2 cup** onion (chopped)  
**1/4 teaspoon** pepper  
**1 can** cream-style corn  
**1 1/2 cups** milk, non-fat  
**1/2 cup** cheddar or American cheese (shredded)

## Directions

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>164</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
Cholesterol	11 mg
<b>Sodium</b>	<b>314 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	3 g
Total Sugars	8 g
Added Sugars included	2 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	40 IU

Ham, Cheese and Corn Chowder: Add 1/2 cup cubed cooked ham.

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